

Doulas

Breastfeeding Center for Greater Wash
2141 K Street NW
Washington DC 20037
202-293-5182
www.breastfeedingcenter.org/

The verdict is in, EXCELLENT! This is the word I most hear when women describe the Breastfeeding Center of Greater Washington. The classes are free and come loaded with information. The location also offers and endless offering of supplies for the breastfeeding mother. They will even size you for a nursing bra. Take that Victoria Secret! Classes fill up fast. Get there in plenty of time to get a good seat. Noteworthy, visitors to the location LOVE, LOVE, LOVE Pat Shelly. She is a miracle worker for moms who are having trouble with breastfeeding.

Mother & Baby Matters
Check attached website
www.motherandbabymatters.com/index.htm

Information courtesy of vendor. Staff consists of women who joined the program because of their mothering skills and commitment to our organizational concept. They receive training from recognized professionals in the field on practice standards recommended by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists related to labor support, postpartum recovery, newborn care, and breastfeeding. Doulas provide the following services as related to the birth experience and postpartum period. All staff are CPR Certified and first aid trained, are bonded and insured and undergo extensive background checks and screening and speak fluent English. All staff pursue certification through nationally recognized doula organizations. Check the web for more information.

The Baby Duck
Check attached website
www.thebabyduck.com/newmoms

SPOTLIGHT VENDOR - An online resource that serves Northern VA, Suburban MD and Washington DC. Baby Duck provides an excellent listing of classes, services, playgroup and product information for expecting and new mothers. Noteworthy, this is an exceptional online resources for everything from playgroups to Mom's Clubs and even coupon and product information. Take a minute to look at the site:

The Maternity Center
6506 Bells Mill Road
Bethesda MD 20817
301-530-3300
www.maternitycenter.com/

This is a popular destination for all classes "baby". Most visitors see the location has an absolute utopia for breastfeeding advice and counseling. Noteworthy, The Maternity Center has a very popular "support group" for new moms. The attendees have lots of stories and words of encouragement for new moms embarking on the fascinating journey of "Parenthood".

Transistions Birth Doula
Check attached website
www.transitionsbirthdoulas.com/index.php/Services

Information courtesy of Transitions Birth Doulas. Transitions Birth Doulas work with moms and families in the DC Metro area who want to be involved, proactive participants in their birth. We strongly believe that with good education, supportive caregivers, personal motivation, a skilled doula, and a healthy dose of normal, mothers and families can have births that are positive, life-altering and beautiful. We believe that birth is a normal physiological event and women are artfully created to give birth. We are a collaborative practice of doulas offering on-call doula services. We work in all birth settings and offer vast experience in birthing and childbirth education. We will work with you to gain the information, education, confidence, and perspective to help you reach your birth goals, whatever they may be. If you envision yourself and your family as involved, central participants in your birth and desire a doula who will support and assist through education, experience and belief in your ability, please contact us. We would enjoy working with you.

