

Resource Groups

Pregnancy

- Breastfeeding groups
- Child Birth Educators
- Doulas
 - Labor and Postpartum
- Lactation Consultants
- Mental Health providers
- Pelvic Floor PT's
- Photographers
- Midwives-homebirth/hospital
 - Be aware of hospital protocols

- Massage Therapists
- Death/Crisis Support
- Yoga
- Other Chiros
- Books/websites
- Podcasts

Pediatrics

- Pediatricians-choice friendly
- Dentists
 - Oral tie specialists
- Childcare/Montessori
- Physical Therapy
- Other Chiros
- Cranial Sacral therapist
- Speech Therapists
- Sleep training
- Resources for low income support
 - Diapers/Formula

Family Friendly Office

- **Bathroom**
 - **Changing table (portable)**
 - **Diapers**
 - **Wipes**
 - **Step stool for kids**
- **Toys, Sensory toys, puzzles, drawing pads, games**
- **Kids Treasure Chest/Stickers**
- **Kids Chair in Room or Hotseats**
- **Pregnancy Pillows**
- **Pediatric pillows**
- **Rebozos**
- **Places for “stuff”**
 - **Strollers**
 - **Diaper Bags**
- **Team that is willing and able to Help!**
 - **Be playful and Silly**
 - **Be okay holding a crying baby**
- **Books for resources**
- **Breastfeeding pillows/Blankets**
- **Exercise Ball**
- **Kids Supplement Section**
- **Kids and Pregnancy Educational Posters**
- **Kids wall with pictures**
- **Activator/Arthrostim/CLA/SEMG/Otoscope (if allowed by state)**
 - **Gloves/Finger Cots (oral work if allowed by state)**