



*New Mother's Resource Guide
of the Greater Seacoast 2008*



www.newmothersresourceguide.org



The first edition of the New Mother's Resource Guide is dedicated to Portsmouth Hospital's Linda Piper, whose skill, respect, and encouragement meant so much to me and my new family. It is also dedicated to Andrea Rutherford, whose tireless work on behalf of mothers, babies, and families is inspirational and a great gift to the Seacoast community.



The purpose of the New Mother's Resource Guide is to promote the health and emotional wellbeing of pregnant women and new mothers living in the greater Seacoast area. Over the past year, through my own journey of pregnancy and new motherhood, I have discovered that there are many outstanding resources here in the Seacoast area. The support that I have been given has made an enormous impact on me and has helped me develop confidence in my ability to be a good mother. In creating this guide, I would like to make other women aware of the options available to them in order to empower them to be strong advocates for themselves and their babies. It has been a true joy to discover the generous and welcoming spirit that exists in this community toward new mothers.

For the sake of future guides, I welcome additional feedback from pregnant women, new mothers, and the professionals who support them. Please feel free to pass along your comments and recommendations to me, Mary Bloser, at moms@newmothersresourceguide.org.

*Cover photo by Jill Brady.

Please note: This guide is meant to be a starting point for women in their journey through late pregnancy and the early postpartum months. As you enjoy the resources within this guide, please know that this guide does not endorse specific providers or businesses. It is incumbent upon all of us to ask questions of, research, and learn about the people we let into our pregnancy, birth, and postpartum experiences.

TABLE OF CONTENTS

Activities to Do with Your Baby	3/4
Acupuncture	5/6
Birthing Options: Free-Standing Birth Centers, Hospital-Based	7/8
Breastfeeding Support	9
Breast Pump Rentals/Purchase	10
Childbirth Education	11/12
Chiropractors	13/14
Cranio-Sacral Specialists	15
Doulas	16 - 19
Herbalists	20
Homeopathic/Naturopathic Practices	21
Infant CPR Classes	22
Massage Therapy	23
Mental Health Support	24/25
Midwives	26/27
New Mother's Wellness	28
Nurse Practitioners	29
Nutritionist	30
Overnight Postpartum Support	30
Pelvic Floor Rehabilitation	31
Photographers	32
Slings	33
Supportive Household Services	34
Yoga/Exercise	35/36
Helpful/Useful Websites	37/38

Activities to Do with Your Baby

Pregnancy and postpartum are times of learning, adjustment, integration, and transformation. Parenting is an experience for which we receive little training and preparation yet it can be the most challenging, rewarding and intense experience of our lives. It truly takes a village of support for a family to thrive in this transition. Begin making connections with postpartum resources during pregnancy so you have your well-established connections before you need them. Below are area activities to do with your baby to both learn something new, get involved in the community, meet other parents, or to simply get out of the house for fresh air.

Baby Signs: Signs, Say & Play Class

Gymboree Play & Music of Rye
150 Lafayette Road, Rosewood Plaza
Portsmouth, NH 03801
(P) 603.964.3003
www.gymboreeclasses.com

Blueberry Bay Farm

Stratham, NH
www.blueberrybayfarm.com

Children's Museum

Washington St. at Henry Law Park (Old Butterfield Bld.)
Dover, NH
(P) 603.436.3853
www.childrens-museum.org (Opening in Dover in July 2008)

Infant Massage

Elisabeth Robinson, RNC, MS, ARNP
Whole Life Health Care
100 Shattuck Way
Newington, NH 03801
(P) 603.431.6677
www.mywholelifehealthcare.com

Great Bay Discovery Center

Free children's story hour Tuesday's in July & August.
Stratham, NH
www.greatbay.org

Activities to Do with Your Baby

Infant Swim Lessons

Portsmouth Indoor Public Pool
50 Andrew Jarvis Drive
Portsmouth, NH
(P) 603.427.1546

Jump - N - Gym

Ages: Walking - kindergarten kids aerobics taught by Denise Long.
Meets once a week for 6 weeks at Connie Bean Recreation Center.
34 Hanover St.
Portsmouth, NH
www.cityofportsmouth.com/Recreation

Lap Time

Stories shared with infants and children
from birth to age 3. 6-week sessions
Portsmouth Public Library, Free, drop-in program
Open to Portsmouth Public Library card holders
(P) 603.766.1740

My 2 Hands (Baby Signing Classes)

Nicole D. Tursi
(P) 603.834.3590
www.my2handsadvantage.com, (offered at Dover Yoga)

Music Together

Early childhood music classes for infants, toddlers, preschoolers, and kindergartners. Classes offered in Portsmouth, Kittery, Newmarket, and North Hampton.
Jeanne Russell
(P) 603.431.4755
www.musictogether.com

Screamer's Café

Very kid friendly, extended kids menu and small play area.
72 Portsmouth Ave
Stratham, NH 03885
(603) 775-7577

Water Babies

Gold's Gym (for children 6-18 months old)
Portsmouth, NH
(P) 603.436.6664

— Acupuncture —

Acupuncture is an ancient healing art that is now being used widely even within the western medical world. Acupuncture can be used broadly to sustain or improve health during pregnancy and postpartum or for more specific circumstances such as encouraging labor to begin, turning a breech baby, lowering blood pressure, etc. Newborn and infant can also benefit by being treated via the mother or with acupuncture or tui na, a type of massage for such things as restlessness, allergies, colic, excess gas.

- **Joseph A. Allis, L. Ac.**
Essential Energy
251 Central Avenue, Dover, NH
(P) 603.742.6277
www.essentialenergynh.com
- **Dover Acupuncture Clinic and Therapies**
17 Littleworth Road, Dover, NH
(P) 603.749.6103
www.doveracupuncture.com
- **Sheilagh Durkin, L.Ac, M.S.O.M.**
Co-creative Health
379 State Street
Portsmouth, NH 03801
(P) 603.436.7595
www.cocreativehealth.com
- **Kenji Fukunaga**
Equinox Health and Healing
19 Rye Street, Portsmouth, NH
(P) 603.766.8255
www.equinoxhealth.org
- **Netta M. Hart**
Licensed Acupuncturist
18 Coastal Way, Greenland, NH
(P) 603.433.1727
www.acupuncture-nh.com

— Acupuncture —

- **Adam Learner, L. Ac.**
Family Acupuncture & Herbs
Acupuncture, Traditional Chinese Medicine
Orchard Park, Suite B-6, 875 Greenland Road
Portsmouth, NH 03801
(P) 603.969.2229, www.acufamily.com
Location also in Somersworth
- **Keri Marshall, MS, ND and Douglass MacKay, MS, ND**
810 Central Ave
Dover, NH 03820
(P) 603.742.4114
mackaynd@hotmail.com, www.makainaturopathic.com
- **Lisa Rothermich, Lic. Ac.**
Gentle Currents Acupuncture Clinic
330 Portsmouth Avenue, Greenland, NH
(P) 603.436.6883
www.gentlecurrents.com
- **Seacoast Acupuncture and Wellness**
Linda Greenwood, L.Ac. Catherine Markovsky, L.Ac.
Whole Life Health Care
Acupuncturist - Herbal Medicine
(P) 603.431.6677
www.seacoastacupuncture.com
- **Sheryl Wookey, Mac, Lic. Ac.**
Acupuncture Energetics, LLC
155 Lafayette Road, North Hampton, NH
(P) 603.944.6550
www.wookenery.com

🏠 Birthing Options: Free-Standing Birth Centers, Hospital-Based 🏠

A Free-Standing Birth Center is a facility where women experiencing a healthy, low risk pregnancy can find individualized care in a home like setting. Women choosing to birth at birthing center see midwives for their prenatal care and have access to the same tests, technology and care as woman birthing in a hospital. Many birth centers are able to accept insurance and also offer payment plans. (Resources: birthcenter.org, waterbirth.org.)

Free-Standing Birth Centers

🏠 **Coastal Family Birth Retreat**
 Valerie Jacques, RN,CPM, NHCM,
 Roseanne Kazlouskas, NHCM,RN
 13 Frying Pan Lane
 Stratham, NH
 (P) 603.580.2327
www.coastalfamilybirthretreat.com

Birth center births, support for home-based births with RN's who are certified professional midwives (CPM).

🏠 **Concord Birth & Wellness Center**
 Jeanne Brown, CPM
 Concord, NH
 (P) 603.228.8710
www.concordbirthcenter.com

🏠 Birthing Options: Free-Standing Birth Centers, Hospital-Based 🏠

Hospital Birth Centers

🏠 **Exeter Hospital**
 5 Alumni Drive
 Exeter, NH 03833
 (P) 603.778.7311
www.exeterhospital.com

🏠 **Frisbie Memorial Hospital**
 11 Whitehall Road
 Rochester, NH 03867
 (P) 603.332.5211
www.frisbiehospital.com

🏠 **Portsmouth Regional Hospital**
 333 Borthwick Avenue
 Portsmouth, NH 03801
 (P) 603.436.5110
www.portsmouthhospital.com

🏠 **Wentworth-Douglass Hospital**
 789 Central Avenue
 Dover, NH 03820
 (P) 603.742.5252
www.wdhospital.com

🏠 **York Hospital**
 15 Hospital Drive
 York, ME 03909
 (P) 207.363.4321
 toll free 1-877-363-4321
www.yorkhospital.com

○ Breastfeeding Support ○

The ancient and natural act of breastfeeding is not always as simple to begin. With the expert knowledge and resources of a lactation consultant, any bumps in the road can be smoothed so the experience is comfortable and beneficial for both mother and baby. Support from peers and family is important to make the connections during pregnancy with La Leche League and mothers groups so the support is there when you need it after your baby arrives.

- **Breastfeeding Support Group at Exeter Hospital**
Friday 10am - 12pm ~ Family Center Conference Room -third floor.
Breastfeeding support line: 603.778.7311 x4324
Individual appointments also available, free of charge.
- **Breastfeeding Support Group at Portsmouth Hospital**
Wednesday's from 10-12pm ~ in the family waiting room (5th floor).
Lactation Consultants: Sue Madden, Betsy Burke, and Linda Piper.
Breastfeeding support line: 603.433.4086.
Individual appointments also available by calling support line, free of charge.
- **Breastfeeding Support Group at Wentworth-Douglass**
Monday 2:30-3:00pm
- **Exeter Hospital offers "Family classes"** (please check ahead)
Babies from Birth to 6mo 2nd and 4th Tuesday 9:30-10:45
Babies from 7months to 12months 2nd and 4th Thursday 9:30-10:45
Parents of Preemies Group.
- **La Leche League Seacoast**
Monthly meetings held in Dover & Stratham, NH.
Alyssa Tuininga: seacoastarealll@excite.com or alyssatuininga@yahoo.com
(P) 603.859.0447
www.seacoastnhlll.org
- **Andrea Rutherford, CD, CLC** (Certified Lactation Counselor)
at Whole Life Health Care by appointment: 603-431-6677 ext 245
andrea@heartfulbirth.com
- **Gwen Davis Vesenska, IBCLC**
(P) 207.590.8233
gvesenska@yahoo.com

□ Breast Pump Rentals/Purchase □

Food and Drug Administration breast pump basics
<http://www.fda.gov/cdrh/breastpumps/basics.html#8>

During the prenatal care period, contact your private health insurance company to determine what assistance is provided for breastfeeding and breast pumping equipment, including a lactation consultant or breastfeeding clinic for supportive care. Some state health department offer programs to help women purchase or rent a breast pump. For more information on the programs offered by your state, contact your state health department. Be sure to ask about sales & rentals or go to medela.com to buy. Rentals are \$30 - \$60 per month.

- **Dover Pediatrics**
17 Old Rollinsford Rd # 5
Dover, NH
(P) 603.742.4048
- **Keene Medical Products**
6A Robert Ave.
Portsmouth, NH
(P) 603.431.6006
- **Portsmouth Regional Hospital**
333 Borthwick Ave.
Portsmouth, NH
(P) 603.433.4041
www.portsmouthhospital.com
- **Walgreen's**
48 Portsmouth Ave.
Exeter, NH
(P) 603.772.3551 (Rentals avail. through pharmacy)
- **Wentworth Douglas Hospital**
789 Central Ave.
Dover, NH
(P) 603.740.2233
www.wdhospital.com
- **York Hospital**
15 Hospital Dr.
York, ME
(P) 207.363.4321
www.yorkhospital.com

 Childbirth Education 

The best childbirth and parenting classes are those that support families through the many changes that come with welcoming a new child into the family. They provide resources and information so families can make informed decisions, clarify beliefs, ideals and priorities and provide a context for families to proactively address fears and concerns.

Hospital Based Childbirth Education

 **Coastal Family Birth Retreat**

Liz Gaudette. and Carol DeStefano

Call Liz @ (P) 207.363.1379 for information

 **Frisbie Memorial Hospital**

Sargit Dillon

(P) 603.332.5211

 **Exeter Hospital**

Susan Benton

(P) 603.778.7312

 **Portsmouth Regional Hospital**

Pam Azorsky

(P) 603.433.5280

 **Wentworth-Douglass Hospital**

Education Department



(P) 603.740.2858

 **York Hospital**

Peg Clifford

Leader of Family Care

(P) 207.351.2129


 Childbirth Education 

Private Childbirth Education

 **Christina Couperthwait**

(P) 207.438.9096

couperthwait@comcast.net

 **Amy Hopkins**

York, ME

(P) 207.641.7353

pregnancyplace@yahoo.com

 **Ellen Kunkle**

(P) 207.985.3452

ellendoula@adelphia.net

 **Andrea Rutherford**

Childbirth Awareness

(P) 603.431.6677 ext.245

andrea@heartfulbirth.com

 **Leah Wentworth**

(P) 207.967.9916

leahw@gwi.net

 † Chiropractors †

A mother's spine and pelvis undergo many changes and adaptations to compensate for the growing baby and the risk of interference to her nervous system is increased. Specific chiropractic care throughout pregnancy works with enhancing nervous system function, providing greater health potential for both mother and baby.

† **Dr. John D. Barrick**
 Seacoast Spine and Injury Care
 Whole Life Health Care
 100 Shattuck Way Suite 200
 Newington, NH 03801
 (P) 603.433.6033
www.mywholelifehealthcare.com

† **Michael Blackman**
 Blackman Chiropractic Center
 812 Central Ave.
 Dover, NH 03820
 (P) 603.742-5881
www.blackmanchiro.com

† **Russell B. Grazier, D.C.**
 Grazier Chiropractic Health Center
 504 Middle Street, Portsmouth, NH
 (P) 603.436.8406
www.grazierchiropractic.com

† **Dr. Sofia Haffenreffer & Dr. William Haffenreffer**
 Back to Health Chiropractic
 18 Lafayette Rd.
 Hampton, NH 03862
 (P) 603.964.1844
www.backtohealthchiros.com

 † Chiropractors †

† **Jerry Hyman, D.C.**
 205 Sagamore Road, Rye, NH
 (P) 603.431.8884
www.jhymandc.com
 Special interest in postpartum reconditioning and exercise

† **Dr. Jeffrey Rogers and Dr. Natalie Lyle**
 Breakfast Hill Chiropractic
 1247 Washington Road, Rye, NH
 (P) 603.964.1500
www.breakfasthillchiro.com

† **Marilyn V. Svihovec**
 437 South Road, Rye, NH
 (P) 603.964.6093
 Specializing in pregnancy, fertility and postpartum

 f Cranio-Sacral Specialists f

Birth is a profound and very physical experience for both mother and baby. Even in a normal vaginal birth, babies can experience some trauma as they leave the womb. Babies who are fussy, having digestive problems, prolonged periods of crying or physical symptoms of tightness or discomfort can benefit from the very gentle treatments of cranial sacral therapy.

f **Don Ash**

PT, CST. Cranio Sacral Therapist
 Alliance Physical Therapy
 243 Rochester Hill Road
 Rochester, NH
 (P) 603.332.1881

f **Dr. Keri Marshall, MS, ND and Dr. Douglas MacKay, MS, ND**

Craniosacral Therapy, Naturopath, , Homeopathy , Massage Therapy, Acupuncture
 810 Central Ave
 Dover, NH 03820
 (P) 603.742.4114 (F) 603.742.3444
 mackaynd@hotmail.com, www.makainaturopathic.com

f **Mary E. Marcinkowski; Craniosacral Therapy, Physical Therapy,**

Pilates Instructor, Breathwork, _Strength/Functional Training,
 Center for Bodies in Balance
 1 Greenleaf Woods Drive Suite 101
 Portsmouth, NH 03801
 (P) 603.502.2649 (F) 603.433.4197
 marymarcinkowski@comcast.net

f **Nadine Wheeler**

Cranio Sacral Therapist, Certified Hypnotherapist,
 Wellness Specialist
 The Wellness Center
 York Hospital
 15 Hospital Dr.
 York, ME 03909
 (P) 207.351.3402

 ☺ Doulas ☺

The doula's role is to provide physical, emotional, and informational support to woman and their partners during labor and birth. The doula offers help and advice on comfort measures such as breathing, relaxation, movement and positioning. Perhaps the most crucial role of the doula is providing continuous emotional reassurance and comfort for both the mother and partner. Postpartum: Coming into the home during the fourth trimester following birth, the doula's role is to provide education, non-judgmental support, companionship, to assist with newborn care and family adjustment, meal preparation and light household tasks. Postpartum doulas are an extra pair of hands so you can focus on building strong bonds as a new family.

☺ **Nicole Benson**

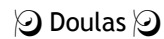
Birth Doula & Postpartum Doula
 Newfields, NH
 (P) 603.205.1925
 nicolebenson@comcast.net

☺ **Beth Brown, CD(DONA)**

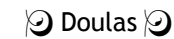
Birth Doula
 Hampton Falls, NH
 (P) 603.772.1092
 beth@bbdoula.com

☺ **Stephanie Cottrell**

Birth Doula
 Northwood, NH
 (P) 603.608.7100
 scottrell@nhptv.org



- ☺ **Christina Couperthwait, RN, CD (DONA)**
 Postpartum Doula & Childbirth Educator
 Kittery Point, ME
 (P) 207.438.9096
 couperthwait@comcast.net
- ☺ **Sandi Denoncour/McKee**
 Birth Doula, Postpartum Doula & Childbirth Educator
 Newmarket, NH
 (P) 603.659.6504
 smckeemaine@hotmail.com
- ☺ **Carol DeStefano, CD (DONA), PCD (DONA)**
 Birth & Postpartum Doula, Prenatal & Postnatal Yoga
 Greenland, NH
 (P) 603.427.0933
- ☺ **Liz Gaudette, RN, LCCE, CD (DONA)**
 RN, Birth Doula & Childbirth Educator
 York, ME
 (P) 207.363.1379
 lgaudett@maine.rr.com
- ☺ **Amy Hopkins, RN, LMT**
 RN, Birth Doula, Massage Therapist, Prenatal and Postpartum Yoga Inst.
 York, Maine
 (P) 207.641.7353
 www.pregnancyplace@yahoo.com
 www.yogaonyork.com
- ☺ **Ellen Kunkle, CCE, CD (DONA)**
 Postpartum Doula, Childbirth Educator & Lactation Counselor
 Kennebunk, ME
 (P) 207.985.3452
 ellendoula@adelphia.net



- ☺ **Krista Malttais, PCD (DONA)**
 Postpartum Doula
 (P) 603.918.9298
 kristadoula@gmail.com
- ☺ **Amy McLaughlin**
 Birth Doula
 Exeter, NH
 (P) 603.491.2036
 Amymc1@comcast.net
- ☺ **Maria Miles, CD (DONA), CLC, HBCE**
 Certified Lactation Counselor, HypnoBirth® Instructor and Birth
 and Postpartum
 Doula
 Strafford, NH
 (P) 603.664.5727
 harmoniousbeginnings@metrocast.net
- ☺ **Susan Remillard, PCD (DONA)**
 Postpartum Doula
 Kittery Point, ME
 (P) 207.439.3033
 susanremillard@hotmail.com
- ☺ **Andrea Rutherford, CD (DONA), CLC**
 Birth Doula, Childbirth Educator & Lactation Counselor
 at Whole Life Health Care
 Newington, NH 03801
 (P) 603.431.6677 ext 245
 andrea@heartfulbirth.com
 www.heartfulbirth.com

 ☺ Doulas ☺

- ☺ **Lyndi Sargent, HBCE, CD (DONA), CLC**
 Birth Doula & HypnoBirth® Instructor
 Lee, NH
 (P) 603.502.3660
 lyndigotr@yahoo.com
- ☺ **Sara Schultz**
 Birth Doula
 Stratham, NH
 (P) 603.773.9202
 schultz6@comcast.net
- ☺ **Stacy Swain, CD (DONA), CCCE (CAPPA)**
 AHA Certified CPR/First Aid Instructor
 Birth Doula, Childbirth Educator, First Aid/CPR Instruction
 Hampton Falls, NH
 (P) 603.501.9837
 divinedoula@comcast.net
 www.naturallynewborn.com
- ☺ **Sandy Tufts, CD (DONA)**
 Birth Doula
 Eliot, ME
 (P) 207.439.1969
 sandytufts@gmail.com
 www.sandytufts.com

 ☺ Herbalists ☺

An herbalist is a professional trained in herbalism, the use of herbs (also called botanical or crude medicine) to treat others. Professional herbal designations include the American Herbalists Guild Registered Herbalist (AHG)[4] or the NCCAOM Diplomat in Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine[5] or the MNIMH of the National Institute of Medical Herbalists.[6] Lay herbalists and traditional indigenous medicine people generally rely upon apprenticeship and recognition from their communities in lieu of formal schooling.

- ☺ **Sheilagh Durkin, L.Ac, M.S.O.M.**
 Co-creative Health
 379 State Street
 Portsmouth, NH 03801
 (P) 603.436.7595
 www.cocreativehealth.com
- ☺ **Linda Greenwood, L. Ac.**
 Herbal Medicine
 Whole Life Health Care
 100 Shattuck Way
 Newington, NH 03801
 (P) 603.431.6677
 www.seacoastacupuncture.com
- ☺ **Jessica Moore, BA, MH**
 Moore Naturally
 Salmon Falls Mill, Suite 220
 PO Box 371
 (P) 603.767.6459
 www.moorenaturally.com
- ☺ **Elisabeth Robinson, RNC, MS, ARNP**
 Whole Life Health Care
 100 Shattuck Way
 Newington, NH 03801
 (P) 603.431.6677
 www.mywholelifehealthcare.com

∞ Homeopathic/Naturopathic Practices ∞

Both Naturopathy and Homeopathy are based on the tendency of the body to heal itself. Both Homeopathic and Naturopathic physicians will search for and treat an underlying condition rather than a symptom in a way that supports the healing mechanisms of the body.

∞ **Dr. Bert Mathieson (Naturopathy)**
Naturopathic physician, nutritionist, and diabetes educator
Medical Director of Pineland Healing Arts
255 Route 108
Somersworth, NH 03878
(P) 603.692.1816

∞ **Dr. Keri Marshall, MS, ND & Dr. Douglas MacKay, MS, ND**
(Homeopathy & Naturopathy)
810 Central Ave
Dover, NH 03820
(P) 603.742.4114 (F) 603.742.3444
mackaynd@hotmail.com, www.makainaturopathic.com

∞ **Donna Peaker Ritzo, RN**
Tri-Homeopathy
Whole Life Health Care
100 Shuttuck Way - Suite 202
Newington, NH 03801
(P) 603.431.6677 ext. 234

+ Infant CPR Classes +

How to recognize and care for breathing and cardiac emergencies for infants and children.

+ **American Red Cross**
Great Bay Chapter
4 Aboretum Drive
Newington, NH
(P) 603.766.5440

Child/Infant CPR and First Aid classes offered.

+ **Stacy Swain**
AHA Certified CPR/First Aid Instructor
Hampton Falls, NH
(P) 603.501.9837
divinedouglas@comcast.net

Small group classes and private, in-home classes offered for both child/infant CPR and First Aid.

 ✎ Massage Therapy ✎

Prenatal and postpartum massage and bodywork can ease discomfort, improve circulation and provide a space to calm relaxation and healing during the emotional and physical changes of pregnancy and postpartum. From general relaxation to healing work on specific areas, massage and bodywork are profound therapeutic tools. All providers listed below offer pregnancy massage.

- ✎ **Lynn Favreau**
1 Greenleaf Woods Dr., Suite 101
Portsmouth, NH 03801
(P) 603.312.5840

- ✎ **Amy Hopkins, RN, LMT**
York, ME.
(P) 207.641.7353
pregnancyplace@yahoo.com

- ✎ **Jan Hummel, LMT**
Elements: Gentle Currents Wellness Center
330 Portsmouth Ave.
Greenland, NH 03840
(P) 603.433.5858

- ✎ **Lisa Langton, LMT**
Portsmouth, NH
(P) 603.396.2719

- ✎ **Michelle Low**
Spa Ambiance
1247 Washington Road
Rye, NH
(P) 603.964.3600

- ✎ **Synergy Health & Fitness Center**
7 Alumni Dr
Exeter, NH 03833
(P) 603.778.6777
www.synergyfit.com/synergy/masthe.cfm

 * Mental Health Support *

Pregnancy and postpartum are immense life transitions that can cause you to lose perspective and your sense of self and question your identity and your path. Finding an objective, thoughtful and knowledgeable person to talk with can be crucial to your mental wellbeing. Depression and anxiety can occur at any time, including pregnancy and postpartum. Don't be afraid to pick up the phone and make a connection with a mental health professional. Your emotional health is as important as your physical health.

- * **Jan Archambault, Psychiatric Nurse Practitioner**
118 Maplewood Ave, Bldg. C
Portsmouth, NH 03801
(P) 603.219.6679

Provides psychotherapy and prescribes medication. Utilizes tools of therapy, exercise, nutrition, relaxation, and medication when needed. Specializes in assisting women with infant postpartum depression, mood disorders, and loss.

- * **Clare Contarino, PhD**
Lilac City Counseling, INC.
165 Charles Street
Rochester, NH
(P) 603.332.4004
(F) 603.332.4114

Provides psychotherapy for women and their partners regarding pregnancy, childbirth, pregnancy loss, postpartum depression, and infertility.

- * **Dawn Lesneski, MA, LCPC**
433 Route One, York,
Maine 03909
(P) 207.363.8300 x1
lesneski@maine.rr.com

Provides psychotherapy. Supports women through pregnancy and postpartum adjustment.

* Mental Health Support *

- * **Sandra Lovell, RN, MSW, LICSW**
20 Ladd Street
Portsmouth, NH
(P) 603.766-3707

Works with women around pregnancy concerns, including unplanned pregnancies, complicated pregnancies, pregnancy loss or post-partum adjustment difficulties.

- * **Lisa Norris, MS, APRN**
20 Ladd Street,
Portsmouth, NH
(P) 603.430.8900
(F) 603.430.8008

Provides postpartum counseling, prenatal and postpartum psychopharmacology, and couples counseling for loss and infertility.

- * **Helen Rizza, ARNP**
30 Mirona Road Extension, Suite 3
Portsmouth, NH
(P) 603.918.6162

Provides psychotherapy and psychopharmacology.

- * **Judith B. Rowan, Ph.D.**
4 Franklin Street
Exeter, N.H. 03833
(P) 603.773.0190
ejrowan@comcast.net

Psychologist and sex therapist. Provides psychotherapy to help women manage stress, anxiety, and postpartum depression. Also works with relationship problems and lack of sexual desire.

* Midwives *

Certified Professional Midwives at Home: A certified professional midwife is trained and certified to provide midwifery care to women experiencing low risk pregnancy and birth. (More info. At NARM.org).
Certified Nurse Midwives at the Hospital: Certified nurse midwives practicing at the hospital provide nurturing care and support for a full spectrum of birth experiences. They strive to maintain the normalcy and sanctity of birth while utilizing the technology of the hospital if needed or warranted.

Certified Professional Midwives

- * **Cilia Bannenberg, CPM, NHCM**

Seacoast Midwifery Services, LLC
PO Box 381
Barrington, NH 03825
(P) 603.332.7766 / www.birthchair.net

- * **Jeanne Browne, CPM, NHCM**

Concord Birth and Wellness Center
8D McGuire St.
Concord, NH 03301
(P) 603.228.8710 / www.concordbirthcenter.com

- * **Sarah Anderson CPM, NHCM**

Anahata Midwifery Services
PO Box 1064
Portsmouth, NH 03802
(P) 603.969.9679
saanh@yahoo.com

- * **Valerie Jacques, RN,CPM, NHCM**
Roseanne Kazlouskas, NHCM,RN

Coastal Family Birth Retreat
13 Frying Pan Lane
Stratham, NH 03885
(P) 603.580.2327 / www.coastalfamilybirthretreat.com

 ❁ Midwives ❁

Certified Nurse Midwives

 ❁ **Coastal Obstetrics and Midwifery**

Jodi DeMuth , Laura Detwiler, Catherine McLaughlin-Hills & MariBeth Quinn
 12 Hospital Drive
 York, Maine 04090
 (P) 207.351.2018

 ❁ **Dover Women's Health**

Patricia Martin, CNM
 Jessica Lewis, CNM
 750 Central Avenue
 Dover, NH 03820
 (P) 603.742.2424
www.doverwomenshealth.com

 ❁ **Garrison Women's Health**

Brityn Allie, CNM
 Candace DeLisio, CNM
 Lucy White, CNM
 770 Central Avenue
 Dover, NH 03820
 (P) 603.742.0101
www.garrisonwomenshealth.com

 ❁ **Partners for Women's Health**

Victoria McGarrell, CNM & Caroline L. Lasewicz, CNM
 Partners for Women's Health
 3 Alumni Dr. Suite 401
 Exeter, NH 03833
 (P) 603.778.0557
www.womenshealthexeter.com

 † New Mothers Wellness †

 † **Babytime at Families First**

Play, learning, and support for babies and their parents. Tuesdays 10-11:30am. First Community Campus
 Portsmouth, NH. No fee charged, childcare offered for older children. *Families First in Portsmouth offers a variety of parenting classes and support groups (Parent Recharge, Single Parents Group, etc) (P) 603.422.8208

 † **New Mother's Group**

For mothers with babies from birth through 6 months. Connect with other mother's, newborn & breastfeeding support facilitated by Andrea Rutherford, CD, CLC. Wednesdays from 10:30am-12pm at Whole Life Health Care. Newington, NH
 (P) 603.431.6677 ext. 245
andrea@heartfulbirth.com

 † **Seacoast Area Mothers of Multiples**

Meet on 1st Wednesday of each month from Sept-June 7-9pm
 Community Campus, Portsmouth, NH. Samomclub.org
info@samomclub.org

 † **Seacoast Mother's Association**

Peer Support. Variety of activities and many resources listed on their website.
www.seacoastmothers.com

 † **Seacoast Postpartum Adjustment Group**

Mother to mother support, no fee charged. Facilitated by Liz Gaudette, Susan Remillard, and Andrea Rutherford. Pre-register with Liz at
 (P) 207.363.1379

+ Nurse Practitioners +

A nurse practitioner (NP) is a registered nurse (RN) who has completed advanced education (a minimum of a master's degree) and training in the diagnosis and management of common medical conditions, including chronic illnesses. Nurse practitioners provide a broad range of health care services. They provide some of the same care provided by physicians and maintain close working relationships with physicians. A NP can serve as a patient's regular health care provider.

+ Amy Coombs, ARNP Family & Adult Practitioner

Whole Life Health Care
100 Shattuck Way
Newington, NH 03801
(P) 603.431.6677
www.mywholelifehealthcare.com

+ Kelly Kean, ARNP & Linda Rajchel, ARNP

Living in Balance Health Center, P.A.
74 Main Street
Raymond, NH 03077
(P) 603.895.1658

+ Mary Lynn Fahey, ARNP Family & Adult Practitioner

Whole Life Health Care
100 Shattuck Way
Newington, NH 03801
(P) 603.431.6677
www.mywholelifehealthcare.com

+ Elisabeth Robinson, ARNP Family & Nurse Practitioner

Whole Life Health Care
100 Shattuck Way
Newington, NH 03801
(P) 603.431.6677
www.mywholelifehealthcare.com

🍏 Nutritionist 🍏

🍏 Melissa Snow, RD, LD
Nutrition Therapist and Consultant
Whole Life Health Care
100 Shattuck Way
Newington, NH 03801
603-431-6677
melissasnow@wholelifehealthcare.com

Practical and simple approaches to maximize nutrient intake for optimal health of mother and baby; nutrition for lactation and introduction of concepts that promote a healthy feeding relationship.

↔ Overnight Postpartum Support ↔

Overnight services are widely used, predominantly in the following circumstances: Mothers experiencing problems with sleep deprivation, experiencing challenges with breastfeeding ~ either baby not latching well, or baby feeding frequently throughout the night, who has history of, or is presently experiencing, depression, and who has given birth to multiples (twins, triplets, etc.)

↔ **Kathleen Todd-Seymour, RN, CBC, CCE**
Mother & Child
Prenatal and Postpartum Care (including overnight care)
(P) Cell: 508.769.8521
rsmkb@msn.com

↔ **Lisa Goulet, RN, IBCLC**
Mothering Moon
P.O. Box 1636
Biddeford, Maine 04005
(P) 207.282.7630
(F) 207.282.4656
Lisa@motheringmoon.com
Pager #: Given at Home Visit

 † Pelvic Floor Rehabilitation Services †

Pelvic floor rehabilitation is a term that describes a systematic approach to improving the strength and function of the muscles that support the bladder, urethra and other organs contained within the bony pelvis. (Treatment for pelvic floor pain, dysfunction, and/or incontinence)

 † **Sarah Elia, MPT**

Kate Schwartz Physical Therapy
 Sarah Elia, MPT
 187 High Street,
 Exeter, NH
 (P) 603.772.0708
www.kateschwartzpt.com

 † **Leslie Parker; Women's Physical Therapist**

333 Borthwick Avenue
 Portsmouth, NH 03801
 (P) 603.436.0600
www.portsmouthhospital.com

 📷 Photographers 📷

Offer infant and pregnancy photography. Also child and family photography.

 📷 **Jill Brady**

Jill Brady Photography
 Eliot, ME.
 (P) 207.439.4833
www.jillbrady.smugmug.com, drsrb@comcast.net

 📷 **Jay Goldsmith**

Goldsmith Photography
 32 Cottage St, Portsmouth -
 (P) 603).436.2343
www.jaygoldsmith.com, jay@jaygoldsmith.com

 📷 **Sue Lojko**



Breakfast Hill Commons
 1246 Washington Road
 Rye, NH 03870
 (P) 603.661.7697
theweddingphotographers@yahoo.com

 📷 **Bobbi Slavin**




Timeless Art Portraits
 Portsmouth, NH 03801
 (P) 603.431.1609
www.bobbislavin.com, bobbi@bobbislavin.com



 📷 **Memories Studio**

101 Lafayette Rd.
 Rye, NH 03870
 (P) 603.964.6551
memoriesstudios@comcast.net





 Slings 


The concept of baby wearing is as old as time, and is still prevalent today in many cultures. There are many health advantages and psychological benefits to wearing a baby. Carried babies see and experience the world; they participate with their parent, develop their senses faster, cry less, learn more, and thrive better because they are less bored and more relaxed and secure.

-  **Gypsy Mama**
Kristi Hayes
Berwick, ME
(P) 603.509.2931
www.Gypsy mama.com, (Baby Carriers & Accessories)
-  **Havasling (will travel)**
Jane C. Crotteau
(P) 603.887.4888
jccrotteau@aol.com
-  **Mamai Sling**
Mariela Ciani
Portsmouth, NH
(P) 603.828.2703
www.mamaisling.com, info@mamaisling.com
-  **Simply Slings & Baby Things**
Denise Jacobson
York, ME
(P) 207.363.7557
www.simplyslings.org
-  **Tiny Totland (Slings & Carriers)**
601 Islington St.
Portsmouth, NH
(P) 603.422.0700
www.tinytotland.com

 Supportive Household Services 

Local resources to assist you with cleaning, prepared foods and even a concierge services. All to help you be more productive so that you have more time and energy to enjoy your baby. *Offers prepared foods at their location, ready to take home.

-  ***Dinner's Done**
72 Mirona Road
Portsmouth, NH
(P) 603.436.8136
www.dinnerdone.net, info@dinnerdone.net
-  **Maid Brigade of Portsmouth**
For an estimate: 603.430.2038
For client care: 603.430.2037
www.portsmouth.maidbrigade.com / *Green Clean certified.
-  ***Mizuna - Food Evolved**
381 Portsmouth Ave
Greenland, NH 03840
(P) 603.436.4002
www.mizunanh.com
-  ***Terra Cotta Pasta Co.**
52 US Route 1 Byp
Kittery, ME 03904
(P) 207.475.3025

The Terracotta Pasta Co. is popular among locals for its homemade, fresh specialty pastas and sauces. The shop also offers soups, sandwiches and more. Also located it *Fiddleheads Market* in Dover: www.fiddleheadfarmsmarket.com/
-  **The Concierge Company**
"Whatever you need, whenever you need it."
9 Rolston Ave.
Greenland, NH 03840
(P) 603.828.1974
www.theconciiergeco.com

 Yoga/Exercise

Through Yoga we strengthen our bodies, increase our flexibility, focus our minds in order to appreciate being in the present moment, and relax and breathe, connecting with our spirits. Pregnancy Yoga and baby/parent yoga offer us the time and space to pay attention to these aspects of the body, mind and spirit, helping to strengthen and prepare us for birth and parenting. ~ Laura Ginsberg-Peltz

Y Baby Boot Camp

Sharon Bland
 (P) 603.686.6445
 sharon.bland@babybootcamp.com
 www.babybootcamp.com

Y Gold's Gym

Portsmouth, NH
 (P) 603.436.6664

Childcare offered for babies 6 months+. Variety of classes offered
 Pilates and yoga classes offered. (Nina El-Badry teaches a
 wonderful Yoga/Pilates Fusion Class at Gold's. She also now
 teaches at Yoga on York: www.yogaonyork.com)

Y Tessa Walker, BS, PTA, NSCS

Certified Personal Trainer
 In-home personal trainer
 Specializing in women's fitness.
 (P) 603-365-0872

Y Stroll Patrol

Fun. Interactive. Fitness
 Classes offered in Portsmouth, Rochester, and Kittery.
 Sara@strollpatrolmom.com
 www.strollpatrolmom.com

 Yoga/Exercise

- **Childlight Yoga** (locations vary)
 Mom & Baby Yoga: www.childlightyoga.com

 Baby Itsy Bitsy Yoga: www.itsybitsyyoga.com
 (for babies 3 weeks old to almost crawling)
- **Dover Yoga**
 10 Franklin Plaza
 Dover, NH 03820
 doveryoga@conversent.net
 www.doveryoga.com
- **Ocean Spirit Yoga**
 147 Congress Street, Suite C
 Portsmouth, NH 03801
 (P) 603.766.0979
 www.oceanspiritryoga.com
- **Yoga on York** (Prenatal & Postpartum)
 25 York Street
 York, Maine
 (P) 207.363.9642
 www.yogaonyork.com
- **Yoga East**
 163-B Deer Street
 Portsmouth, NH
 (P) 603.422.9642
 www.yogaeastyoga.com
- **Yoga For Pregnancy**
 Instructor: Hannelore Mobieus
 (P) 603.868.6753
 www.moebiusyoga.com

* Schedules & facilities change over time.
 Be sure to call to confirm time and day of Yoga and exercise classes.

Helpful/Useful Websites

-  **Association of Labor Assistants and Childbirth Educators:** www.alace.org

-  **Breastfeeding:** www.babyfriendlyusa.org, www.breastfeeding.com
 (Comprehensive website for mothers who are breastfeeding or thinking about breastfeeding. Articles, lactation consultant directory, breastfeeding art, latching-on video clip, support message boards, opportunities to “ask the experts”, etc.).

- La Leche League (mother-to-mother support):
<http://www.llusa.org/MENH/MaineNH.html>

- New Hampshire Breastfeeding Task Force:
www.nhbreastfeedingtaskforce.org

-  **CAPPA (Childbirth and Postpartum Professional Association):**
www.cappa.net

-  **Chiropractic Pediatric Association:** www.icpa4kids.org


-  **Coalition for Improving Maternity Services:** www.motherfriendly.org


-  **Dona International:** www.dona.org


-  **Employment Services:** www.employ moms.com

-  **Licensing and Inspection information for childcare facilities and providers:** www.childcaresearch.dhhs.nh.gov

Helpful/Useful Websites

-  **Local Services:** www.seacoastdoula.com,
www.seacoastmothers.com, www.seacoastparentsconnect.com

-  **Mothering Magazine:** www.mothering.com
 Online resources; political action alerts; online chat groups.

-  **Waterbirth International :** www.waterbirth.org

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The following photo is provided by *Families Together*, Ocean Spirit Yoga Studio, Portsmouth, NH, December 2007.

