

## **Additional resources for planning for your pregnancy and birth**

### **Pregnancy/birth resources**

Evidence Based Birth [evidencebasedbirth.com](http://evidencebasedbirth.com)

[Spinningbabies.com](http://Spinningbabies.com)

### **Medication and substance exposure resources**

[MothersToBaby.org](http://MothersToBaby.org)

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

### **Well-woman/birth control resources**

[Bedsider.org](http://Bedsider.org)

### **Prenatal classes**

Shining Light Prenatal

[shininglightprenatal.com](http://shininglightprenatal.com)

The Midwife Center for Birth and Women's

[HealthMidwifeCenter.org/class-descriptions](http://HealthMidwifeCenter.org/class-descriptions)

Bradley Method [www.bradleybirth.com/directory.aspx](http://www.bradleybirth.com/directory.aspx)

Hypnobirthing [www.hypnobirthingresources.com/hypnobirthing-classes-pennsylvania/](http://www.hypnobirthingresources.com/hypnobirthing-classes-pennsylvania/)

### **Birth doula**

Shining Light Doula

[www.shininglightdoulas.com](http://www.shininglightdoulas.com)

Birth Doula of Pittsburgh

[www.birthdoulasofpittsburgh.com](http://www.birthdoulasofpittsburgh.com)

Blessed Arrivals

[www.blessedarrivals.com](http://www.blessedarrivals.com)

Pittsburgh Doula Network

[pittsburghdoulanetwork.com](http://pittsburghdoulanetwork.com)

Postpartum doula, lactation consultants, childbirth classes

The Whole Way Doula Services

[wholewaydoula.com](http://wholewaydoula.com)

Yoga, doula services, childbirth/breastfeeding groups

Bloom Birth Concierge

[www.bloombirthconcierge.com](http://www.bloombirthconcierge.com)

Lactation counseling, placenta encapsulation, virtual doula services, classes

Sway Birth & Postpartum Services

[rainbowdoula618.wix.com/swaybirth412](http://rainbowdoula618.wix.com/swaybirth412)

Placenta encapsulation and doula services

### **Breastfeeding resources**

[www.womenshealth.gov/files/assets/docs/breastfeeding/breastfeedingguide-general-english.pdf](http://www.womenshealth.gov/files/assets/docs/breastfeeding/breastfeedingguide-general-english.pdf)

Sankofa Lactation Services

[www.sankofalactationservices.com](http://www.sankofalactationservices.com)

Pittsburgh Black Breastfeeding Circle, lactation and child birth class, lactation and postpartum doulas

LaLeche League Pittsburgh

[llpgheast.shutterfly.com](http://llpgheast.shutterfly.com)

Breastfeeding Hotline for Allegheny County

412-247-1000

Breastfeeding Center of Pittsburgh

[breastfeedingcenterofpittsburgh.com](http://breastfeedingcenterofpittsburgh.com)

Kids Plus of Pittsburgh

[kidspluspgh.com/classes](http://kidspluspgh.com/classes)

### **Sample birth plans**

[assets.babycenter.com/ims/Content/my\\_birth\\_plan.pdf](http://assets.babycenter.com/ims/Content/my_birth_plan.pdf)

[www.marchofdimes.org/materials/birth-plan.pdf](http://www.marchofdimes.org/materials/birth-plan.pdf)

[www.mamanatural.com/visual-birth-plan](http://www.mamanatural.com/visual-birth-plan)