

*YOUR GO TO*

# RESOURCE LIST

A thoughtfully curated list of perinatal and postpartum professionals serving new moms in and around Austin, TX.



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## LACTATION CONSULTANTS + FEEDING SPECIALISTS

- Nest Infant Support
- The Milk Grotto Lactation Services
- Happy Trails Pediatrics
- My Pure Delivery
- It's More than Milk
- Heather Eure, The Lactation Expert



## DOULAS (BIRTH & POSTPARTUM)

### Birth

- Sarah Hughes, SH Birth Services
- Pocket Doula Care (+postpartum)
- Nadia Yamini, Mother of More (+postpartum)
- Nido Birth Services (+Spanish)

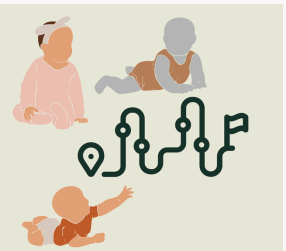
### Postpartum

- Kristen Lucas, Postpartum Doula
- Grace Butler, The Modern Doula (ATX South)



## PEDIATRIC PT & OT

- Strive Pediatrics
- Year One Wellness
- Wonder Peds



## PELVIC FLOOR PT

- Shayli Hill, Restore PT
- Pillar Physio
- Jensine Chavez, Shine Through PT
- Katie Castillo, Strength & Dignity Wellness
- LadyBird PT (Austin)



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*(Cont.)*

## MATERNAL HEALTH COUNSELORS

- Lauren Gibson, Cactus & Coast Counseling
- Amy Tucker, Mama Peace & Life With Baby Workbook
- Caroline Hammond, Caroline Hammond Psychotherapy
- Erin Dominguez, Clinical Social Worker



## DIETICIANS & NUTRITIONISTS

- Canvas & Plate
- Synergy Nutrition Consulting
- Bloom Fertility Nutrition (Prenatal)
- Amber Dawn Wellness



## SLEEP CONSULTANTS

- Kristen Lucas
- Pure Joy Child
- Bluebonnet Sleep Consulting
- Baily Watkins, Sleepwise



## CHIROPRACTORS

- Phillips Chiropractic
- Align Chiropractic
- Round Rock Health & Wellness
- BirthCo.



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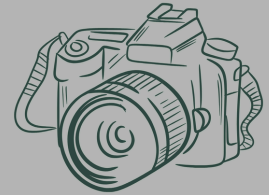
## PRENATAL & POSTPARTUM FITNESS

- Fit 4 Mom Georgetown / Round Rock
- Mama Barre Fitness
- Devine Mama Strength (Austin)
- Cosmic Egg Wellness Studio



## NEWBORN PHOTOGRAPHERS

- Baily Jack Photography
- Our Adventuring Souls Photography
- Amy Wilborn Photography
- Harvest Hills
- Megan Joy Creative



## PEDIATRICIANS / DENTISTS

- Chisholm Trail Pediatrics
- Happy Trails Pediatrics
- Latched Beginnings (Oral Ties)
- Georgetown Pediatric Dentistry



## OTHER FAVORITES

- Michelle Baillio, Empower Massage Studio
- Juniper Babyproofing
- Solid Starts
- We Make Meaning
- Ever Mother Foundation

