

YOUR BIRTH YOUR WAY

UNTAMED BIRTH

Doula Services by Sydney Hagan



WELCOME

I have carefully compiled a list of local resources to best help you before, during, and after birth. A lot of these resources are based out of Virginia, but we do have some in our tiny town of Elizabeth City and Moyock.

every noman deserves firth support



TABLE OF CONTENTS

04

MIDWIVES/CENTERS

Elizabeth City, NC; Chesapeake, VA; Suffolk, VA

05

CHILDBIRTH CLASSES

Camden/Elizabeth City, NC; Chesapeake, VA

06

CHIROPRACTORS / CST

Elizabeth City, NC; Virginia Beach, VA

07

MASSAGE THERAPISTS

Moyock, NC; Chesapeake, VA

08

NUTRITIONIST/DIETITIAN

Elizabeth City, NC; Chesapeake, VA

09

LACTATION CONSULTANTS

Camden/Elizabeth City, NC; Chesapeake, VA

10

PELVIC FLOOR THERAPISTS

Elizabeth City, NC, Norfolk, VA

11

MENTAL HEALTH THERAPISTS

Moyock, NC; Elizabeth City, NC

12

MOM SUPPORT GROUPS

Elizabeth City, NC; Outer Banks, NC

13

HEALTH FOOD 8 HOLISTIC STORES

Norfolk, VA; Virginia Beach, VA

14

ONLINE RESOURCES

Online Stores

15

MISCELLANEOUS CARE

Virginia Beach, Chesapeake, Newport News, VA





MIDWIVES & BIRTH CENTERS

We currently no longer have a home birth midwife in Elizabeth City. However, there are plenty of birth center options just over the line into Virginia.

SEVEN CITIES MIDWIFERY

Jennifer Green, LM, CPM + Sydney Mustard, LM, CPM

Home Birth Midwives

Location: 5267 Greenwich Rd STE 201

Virginia Beach, VA

Website: sevencitiesmidwifery.com

Phone: (757) 740-0197

Email: midwives@sevencitiesmidwifery.com

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MERAKI MIDWIVES

Ildiko Baugus, CPM, LM; Brittney Westbrook CPM, LM

Home Births in VA and Birth Center Location: 1025 Executive Blvd Suite 111,

Chesapeake, VA

Website: merakimidwives.com

Phone: (757)884-3378

Email: midwives@merakimidwives.com

RESOLVE BIRTH SERVICES

Amy Michaelson-Ratcliffe, CPM, LM

VA Birth Center

Chesapeake, VA

Phone: (757)541-8522

Location: 929 Ventures Way #108,

Chesapeake, VA

Website: resolvebirth.com

EVA HOMEBIRTH

Christina Owens, CPM, LM

Website: evahomebirth.com

Home Births in VA and Birth Center

Location: 840 Juniper Crescent #102,

Email: midwives@evahomebirth.com

Phone: (757)598-2853

Email: info@resolvebirth.com

THREE RIVERS MIDWIFERY SERVICES

Cindi Wylie, CNM

Home Births in VA and Birth Center Location: 201 Prentis Street, Suffolk, VA

Website: threeriversmidwifery.com

Phone: (757)774-6790

Email: info@threeriversmidwfery.com

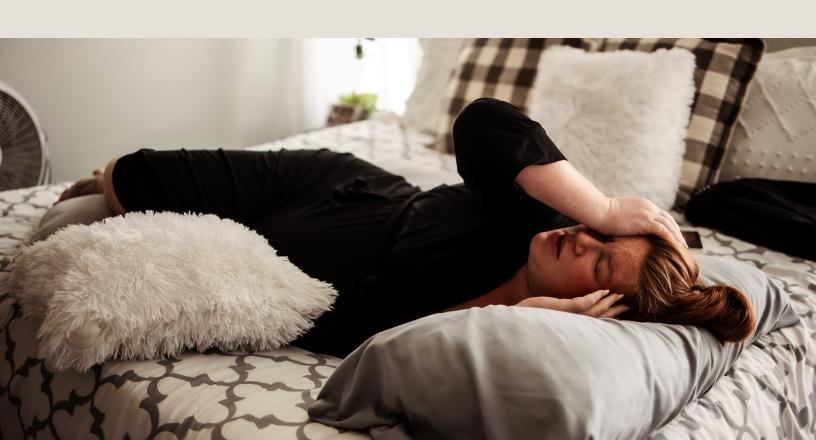
Pro tip

Birthing classes will empower you with knowledge of how things work during labor and delivery, possible scenarios, and choices you can make during birth. Preparation reduces anxiety. Knowing how the body works during labor and delivery can make the experience less scary.



CHILDBIRTH CLASSES PREPARING FOR YOUR BIRTH!

Untamed Childbirth Education Classes with Sydney Hagan & Nichole Smith of ReWild Birth
210 N Martin Luther King Jr Drive, Elizabeth City, NC.
sydney@untamedbirth.com; (252) 435-9542
rewild.care | untamedbirth.com



CHIROPRACTORS

AND CRANIOLSACRAL AND MYOFUNCTIONAL THERAPISTS

Wave of Life Chiropractic 4640 Shore Drive #108, Virginia Beach, VA (757)321-7776

Lorraine Pilarski, CST Virginia Beach, VA (757) 635-0933 cell

Jones Family Chiropractic
(NOT Webster certified)
706 W Eringhaus Street,
Elizabeth City, NC
(252)335-2225

CST With Liz, LLC Liz Chandler 3168 Magic Hollow Blvd Virginia Beach, VA (316) 272-2720

AboutFace Orofacial Myofunctional Therapy
Mandy Roberts, RDH, BS, QOM
Myofunctional Therapist
Northeast, NC to Newport News, VA
aboutfaceomt@gmail.com

Chiropractic adjustments can help with a variety of pregnancy related ailments or concerns such as: sciatic pain, symphysis pubis dysfunction, other joint pains and mobility complications, indigestion/heart burn, or even getting baby into an optimal position for labor

pro tip





Hid you know!

Research shows prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.

THERAPISTS HEALING THROUGH TOUCH

1. The Juniper House - Mary Wese, LMT Chesapeake, VA juniperhouseva.com/wellness-services

- 2. Women's Pain & Prenatal Massage Kristi Gabriel Moyock, NC womenspainprenatalmassage.com
- 3. Body of Light Massage and Wellness Kimberly Burford Moyock, NC (757) 685-1306; 239 Caratoke Hwy





NUTRITIONIST/DIETITIAN

Option 1:

Nutrition Pair LLC 1241 N Road Street Elizabeth City, NC (252)335-9355 nutritionpair.com

Option 2:

Fiori Nutrition

Marianna Fiorillo RDN, Female Health Dietitian

Chesapeake, VA

instagram.com/fiorinutrition

pro tip

Check out the Brewers Pregnancy Diet to help manage pregnancy related concerns such as: high or low blood pressure, morning sickness and hyperemesis gravidarum, gestational diabetes, and the pre-e emergency protocol.





CONSULTANTS

UNTAMED BIRTH
Sydney Hagan, CPLS
Lactation consult(s) included with doula clients.
untamedbirth.com/services

THE JUNIPER HOUSE
Nichelle Clark, IBCLC
Tina Bein, CBS
juniperhouseva.com/lactation-providers

COASTAL BIRTH SANCTUARY
Neisha Smoak, CLC
Elizabeth City, NC
coastalbirthsanctuary.wordpress.com

Wid you know?

Breastmilk is a living substance that provides antibodies to babies to boost their immune systems, enhances brain development, reduces risk of SIDS, reduces the risk of some cancers and diseases in the mother, makes your uterus contract to shrink back down after birth, and is the best way to bond with your new baby.

Rid you know?

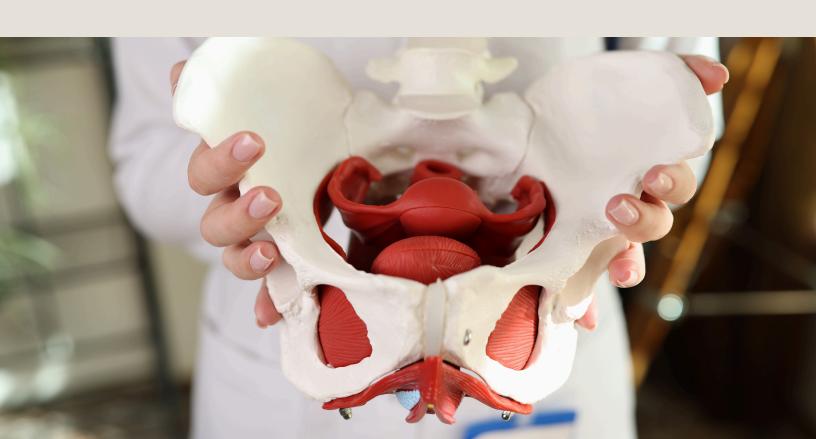
Pelvic floor therapy can help with a number of issues for pregnant and postpartum women including: bladder control, sexual function, pelvic pain, uterine prolapse, general postpartum recovery, and emotional well-being.



PELVIC FLOOR THERAPISTS

ELIZABETH CITY, NC & NORFOLK, VA

Sentara Therapy Center - Tanglewood 105 Commercial Blvd. Suite E Elizabeth City, NC (252) 384-2680 Movement Is Medicine - Dr. Karol 4210 Colley Ave, Suite A Norfolk, VA (757) 503-5996





MENTAL HEALTH THERAPISTS



1. Peaceful Naters

380 Caratoke Hwy Suite J, Moyock, NC

(252) 232-8096

2.

Pride/10

1400 W Church Street, Elizabeth City, NC

(252) 331-0322



MOM SUPPORT GROUPS

Local get togethers held by Nichole Smith and Sydney Hagan
Every 3rd Monday at Growing Curious in Elizabeth City
Find Nichole at hello@rewild.care and Sydney at untamedbirth.com

OBX MOMMY AND ME obxmommyandme.org obxmommyandme@gmail.com community, playdates, fundraisers, support

MOMS OF LITTLE HUMANS IN ELIZABETH
CITY FACEBOOK GROUP

facebook.com/share/Y1StCPKvd9hoYVM1/ Moms of Little Humans in Elizabeth City

"THERE IS NO WAY TO BE A PERFECT MOTHER AND A MILLION WAYS TO BE A GOOD ONE."

-Jill Charchill



FROM DIET TO HEALING

HEALTH FOOD 8 HOLISTIC STORES

ORGANIC FOOD DEPOT

Two Locations:

4301 Commuter Drive, Virginia Beach, VA 1912 Granby Street, Norfolk, VA

HERITAGE NATURAL MARKET

New Age 984 Laskin Road, Suite A Virginia Beach, VA

NICHOLE SMITH, HERBALIST

Local Herbalist Consultations hello@rewild.care







ONLINE RESOURCES

1. Earthley Wellness

earthley.com

See the Untamed Birth products list on my website.

2.

inhishands.com

In His Hands

Your one-stop shop for all your home birth needs.

3. Late Juinn Organics

katequinn.com

online organic clothing store - personal favorite



MISCELLANEOUS CARE

PARENT-CHOICE FRIENDLY PEDIATRICIANS, PEDIATRIC DENTISTS FOR ORAL TIES, AND FUNCTIONAL MEDICINE DOCTORS

DR. ERIC MADREN CHESAPEAKE, VA VOLVO PEDIATRICS

PEDIATRIC CONSULTANTS
NEWPORT NEWS, VA

DR. DEAN KENT
VIRGINIA BEACH, VA
PARTNERS IN DENTAL HEALTH

DR. ZANETA HAMLIN VIRGINIA BEACH, VA (NO INS.) CUSP DENTAL BOUTIQUE

> <u>reboot</u> Virginia Beach, Va Functional Medicine

BONUS:

PHOTOGRAPHY SERVICES BY

RUSTIC IRIS OF UNTAMED BIRTH

CAMDEN/ELIZABETH CITY, NC

MATERNITY, BIRTH, NEWBORNS, FAMILY



Questions?

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