

Prenatal, Birth, Breastfeeding, and Postpartum Resources in the Interior

updated June 2016

local prenatal and birth resources

Hypnobirthing childbirth education is available locally from two instructors:

- Insights Hypnotherapy, Jim Conner. The four-session class uses Marie Mongan's book HypnoBirthing, a copy of which is included in the tuition for the course. http://insightshypnotherapy.com/HypnoBirthing_Class
- Change Made Easy, Nevada Walton. nevadawalton@hotmail.com | (907) 378-9470

Childbirth classes are taught monthly at both Fairbanks Memorial Hospital (weekday evening classes) and at Tanana Valley Clinic (weekend classes). For information on the FMH course, call (907) 458-5200, and for information on the TVC course, call (907) 459-3540.

Arctic Family Circle Prenatal Education Group: A six-session childbirth preparation course is available at Alaska Family Health and Birth Center, and is available to any expectant parent (you don't need to be a Birth Center patient/plan to deliver there in order to take the course: "Whether you are giving birth at a hospital, home, or birth center, we believe that birth outcomes are improved by replacing fear with knowledge of your health and trust in your body. Learn how to have a happy pregnancy, birth, and postpartum and give your family the best possible start."). Classes are every Monday (beginning July 2016) on a rotating basis from 10:00 to 11:30 a.m. Please call the front desk at (907) 456-3719 to register.

Lunch with the midwives: the last Wednesday of every month, you are invited to join the midwives at Alaska Family Health and Birth Center for a potluck lunch with the midwives from 12:00 to 2:00 p.m; no reservation needed.

Doulas are birth professionals who are dedicated to supporting the laboring mother (while also often supporting partners through the process, as well). Studies have shown that having a doula present during labor reduces the incidence of cesarean delivery by 30-50% . In the words of John Kennell, M.D., "If a doula were a drug, it would be unethical not to use it." Fairbanks is fortunate to be the home to a number of amazing doulas, who can often be found on the Facebook page "Doulas of the FNSB." Please also check out the list of currently practicing doulas that appears below.

Placenta Encapsulation is offered by several local birth professionals, including Two Bear Midwifery (twobearmidwifery.com), Parvati Birth (<http://parvatibirthingandwellness.squarespace.com/>), and Confident Beginnings Birth Services (Kassandra, (907) 347-8300 or birthdoula@cbbirthservices.com).

Chiropractors who specialize in the care of pregnant women can be a complete and total game changer when it comes to the discomforts (- or completely debilitating pain -) that can come with pregnancy, including but not limited to sacral, back, hip, and pelvic pain. They can ALSO be incredibly helpful in helping baby achieve positions that are advantageous for labor and birth. Fairbanks has several chiropractors who specialize in this

type of care, including Dr. Heather Gappert at Fairbanks Chiropractic Clinic; Life Sprout Chiropractic; Spaulding Chiropractic; and Woodland Wellness Center.

Osteopathic Manipulation can also be a great relief for physical pain during pregnancy. Several of the D.O.s at TVC's Osteopathic Manipulative Medicine Clinic specialize in the care of pregnant women.

Acupuncture is another treatment that can offer what is sometimes tremendous relief during pregnancy, including in the drug-free treatment of morning sickness. Some acupuncturists can even help naturally "induce" labor for post-dates mamas or encourage breech babies to turn. Here in Fairbanks, Shilo Hargrave of Asian Acupuncture treats pregnant and postpartum women, as does Katie Schalberg at Tian Acupuncture.

Moxibustion is a traditional Chinese medicine therapy using moxa made from dried mugwort. It has been known to help turn breech babies. Locally, it is available at Tian Acupuncture and Spaulding Chiropractic.

Henna is a beautiful addition to a blessingway or baby shower. There are several wonderful local artists who are also doulas and birth professionals, including Georganne of Cloud 9 Doula Services (<http://www.angelfire.com/realm2/1stimestar/>) and Katy and Vanessa of Two Bear Midwifery (twobearmidwifery.com).

Prenatal Yoga classes are offered locally through Heart Stream Yoga and TraxYoga. In addition, Parvati Birth (<http://parvatibirhandwellness.squarespace.com/>) offers a variety of other prenatal fitness as well.

Serenity Grows Pregnancy Retreats. Maranda Bower, LCCE and author of the book Birthing in Alaska, is actually based in the Palmer area, but has been able to bring retreats up to Fairbanks several times within the last few years and will soon be offering online classes for birth journey, birth art, and other topics as well. Please check out her website to see if there are upcoming events near you. www.serenitygrows.com

Home Birth Midwifery and prenatal care are available both through the Alaska Family Health and Birth Center (www.akbirthcenter.org) and Two Bear Midwifery (www.twobearmidwifery.com) (for women who have low-risk pregnancies and have not had a prior cesarean section delivery).

Local Birth Doulas:

- Boreal Beginnings Doula - Kyla Wilkinson. (907) 460-2677 | borealbeginningsdoula@gmail.com
- Ahavah Birth Services - Kluane Tozier and Hannah Brown (for Birth Center patients ONLY). (907) 347-2116
- Cloud 9 Doula Services - Georganne Hampton. (907) 427-2229 | cloud9doula@gmail.com
- Jennifer Waters (907) 460-7250
- Angela Davis (907) 458-7034 | angela.davis@gci.net
- Parvati Birth - Jessica Christenson. (907) 347-9916 | parvatibirth@live.com
- Heavenly Doula Services - Jean Fifield, RN, LCCE, CD (DONA). (907) 378-7881 | northpolejean@yahoo.com
- Confident Beginnings Birth Services - Cassandra Ryan. (907) 347-8300 | birthdoula@cbbirthservices.com
- Joy Unspeakable Birth Services - Dawn Tozier and Andrea McEwen. (907) 347-6762 (Dawn) and (907) 460-2372 (Andrea) | tozier.dawn@gmail.com and ak5homegrown@gmail.com

- Two Bear Midwifery - Vanessa Jackson, CDM, CPM & Katy Adams, CDM. Both are certified midwives who run a homebirth practice, but they also offer incredible doula support to women who need to have a hospital-based birth (i.e., breech babies, multiples, VBAC, etc). (907) 978-2868
- Cause of Our Joy Birth Services - Alani Ralston. (254) 833-7825 | adraston@yahoo.com
- Miriam Howard. (231) 675-4900 | miriam.g.howard@gmail.com
- Beautiful Births and Beyond Doula Services - Stephanie Rundle. (907) 687-0875 | kenandsteph2004@gmail.com
- Cherished Moments - Courtney Chamberlain-Lewis. (907) 460-8712 | pretty_in_pink99709@hotmail.com
For postpartum doulas, please scroll down to the Postpartum Resources section!

breastfeeding support in fairbanks

The Successful Breastfeeding Class is a FREE class taught at TVC every month by Public Health's wonderful IBCLCs (International Board Certified Lactation Consultants) and is especially intended for mamas (and their partners) in their last trimesters of pregnancy. For more information on the class or to register, please RSVP to private voicemail at (907) 451-1629.

WIC (Women, Infants, and Children) supports and promotes breastfeeding and employs several IBCLCs on staff to help WIC clients reach their breastfeeding goals. http://www.wicprograms.org/li/rcpc_fairbanks_wic_clinic

The Tanana Chiefs Conference WIC Program at Chief Andrew Isaac Hospital offers peer support counselors, information, and short-term pump rental for WIC clients. (907) 451-6682 | option 3778

The Virtual Breastfeeding Support - RCPC WIC- Fairbanks Facebook Group is a truly incredible local resource. You do NOT have to be a WIC client to join the group; anyone is welcome to join and participate. The group admins are RCPC peer breastfeeding counselors and WIC's IBCLCs. Group members are encouraged to ask questions, provide peer support, and reach out for help and resources when needed. (Search for group name on Facebook to find & join.)

Resource Center for Parents and Children (RCPC) offers several breastfeeding resources, including a bi-weekly peer support potluck group, a monthly breastfeeding class for pregnant women, a pumping class, and a lending library. www.rcpcfairbanks.org/WIC_breastfeeding.php

Breast pumps & equipment: RCPC maintains an excellent list of local sources. http://www.rcpcfairbanks.org/WIC_breastfeeding3.php

The Fairbanks Breastfeeding Coalition is a wonderful place to participate in local breastfeeding advocacy and to stay apprised of what the breastfeeding community has in the works in terms of education, support, and events. FBC also presents several annual opportunities to serve the community, including the Parent Pit Stop at the Tanana Valley State Fair, a booth at the Women's Affair, and an annual juried breastfeeding art show. FBC is one Facebook here. You can get more information on the monthly meetings or subscribe to the email list by contacting Laura Kolasa at laura.kolasa@alaska.gov.

Fairbanks Regional Public Health Center has a number of RNs who are also IBCLCs on staff who will see mamas in clinic or at home to provide breastfeeding assistance, assessment of problems, information, and referrals to other community resources. LET ME REPEAT: home visits. HOME VISITS. At this time, these visits are often low-cost on a sliding scale or completely free of charge as a service provided by public health. (907) 452-1776; ask to speak to a lactation consultant.

Chiropractic care can often help newborns who are having trouble getting the hang of nursing (and is great for postpartum mamas, too). Dr. Gappert at Fairbanks Chiropractic Clinic is specially trained to care for newborns and babies, as are the providers at Life Sprout Chiropractic.

Osteopathic Manipulation can also help newborns with latch or other feeding issues, as well as many other concerns. Several of the D.O.s at TVC's Osteopathic Manipulative Medicine Clinic specialize in the treatment of newborns.

Massage can help babies who have difficulty latching or feeding due to muscle stiffness, torticollis, and a host of other situations. Woodland Wellness has an LMT on staff who is specifically trained to treat newborns and babies, and other LMTs who offer postnatal massage to moms. Spaulding Chiropractic also offers postnatal massage.

Jessica Harper, IBCLC has a private practice providing breastfeeding support and education through one-on-one home visits. I encourage you to check out her website (linked) to see all that she offers. www.jessicaharperlll.weebly.com | (907) 687-7401

Bassett Army Community Hospital: military families can speak to Jennifer Hyatt, RN, IBCLC. (907) 361-4000 | option 4 | option 1 | option 2.

Fairbanks Memorial Hospital's Women's Center holds a **New Parent Clinic** on Tuesday and Thursday afternoons and now Saturdays, by appointment only, for breastfeeding assistance (several RNs on staff are IBCLCs). Your baby does have had to have been born at FMH to attend. (907) 458-2000

postpartum/the fourth trimester

Postpartum doulas are trained to provide expert support to the new parent, whether it's your first baby or forth (or fifth, or sixth). They help transition the mama-baby pair into life together by setting you up with everything you'll need to spend your "babymoon" bonding with your baby. This can include nutritional advice and food preparation, light housework, breastfeeding support, and support for recovering from childbirth.

- Charmed Mothercare - Pheobe Kersula. (907) 378-1940 | pkersula@gmail.com
- Molly Lemen (907) 460-9679 | brigidshearth@hotmail.com
- Confident Beginnings Birth Services - Kassanda Ryan. (907) 347-8300 | birthdoula@cbbirthservices.com
- Beautiful Births and Beyond Doula Services - Stephanie Rundle. (907) 687-0875 | kenandsteph2004@gmail.com

- Cause of Our Joy Birth Services - Alani Ralston. (254) 833-7825 | adralston@yahoo.com

The Fairbanks Memorial Hospital **Parents' Warm Line** is a phone service available to any parent of a newborn in the community (your baby does not have to have been born at FMH). Call to leave a message and a health care professional will call you back ASAP. (907) 458-5210 or (907) 452-4588

New Mothers' Support Group at Headwaters Wellness and Counseling meets every Wednesday at 11 a.m. at a cost of \$10/session. RSVP to (907) 456-2256.

RCPC Cuddle Cure Class is designed for babies from 0-3 months of age and their parents, as well as anyone else who has the best interests of a "fussy" baby at heart. Based on the book "The Happiest Baby on the Block." www.rcpcfairbanks.org/cuddle_cure.php

RCPC Sling It Forward Program provides loaner baby carriers and informal babywearing instruction to any local parent (you do not have to be a WIC client) for up to 60 days, free of charge. It's an amazing resource! www.rcpcfairbanks.org/slingit.php

Alaska Family Health and Birth Center Postpartum Support Group is a free community resource available to any new parent, regardless of where they delivered their baby. It is held on the last Friday of each month at 6:30 p.m. at AFH&BC. Please contact AFH&BC to RSVP at (907) 456-3719.

Postpartum Yoga for mamas is offered at Trax Yoga, as is a Mama-Baby Yoga Class. Heart Stream Yoga also offers a mama-baby yoga class that often incorporates babywearing!

ICAN: the closest chapter of the International Cesarean Awareness Network is the South Central Alaska branch, but it can still be a great resource for connecting with other moms and learning about the healthcare options within the state. The South Central Alaska Facebook page is at www.facebook.com/ICAN-of-South-Central-Alaska-1669847843236124, and they also have a closed Facebook group you can request to join for in-depth discussion and advocacy.

The Babywearing Walkalong Group of Fairbanks on Facebook: a group of local babywearing enthusiasts and a great place to meet other moms. Members are encouraged to organize babywearing walks and events as well as share information and education among the group. If you're having trouble finding the right carrier or getting babywearing in general to work for you, this is a fantastic resource for peer support, tips, and tricks. (Search for the name of the group on Facebook to join.)

Serenity Grows Postpartum and Women's Retreats. Maranda Bower is actually based in the Palmer area, but has been able to bring retreats up to Fairbanks several times in the last few years. I recommend checking her website to see if there are any upcoming events near you. www.serenitygrows.com