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## NATURAL CHILDBIRTH

Birth Options Alliance –  
[www.birthoptionsalliance.org](http://www.birthoptionsalliance.org) (DC Area  
Doulas, Midwives, Birth Centers)  
Giving Birth Naturally –  
[www.givingbirthnaturally.com](http://www.givingbirthnaturally.com)  
Optimal Fetal Positioning –  
[www.spinningbabies.com](http://www.spinningbabies.com)  
Giving Birth With Confidence –  
[www.givingbirthwithconfidence.org](http://www.givingbirthwithconfidence.org)  
One World Birth – [www.oneworldbirth.net](http://www.oneworldbirth.net)  
Childbirth Connection –  
[www.childbirthconnection.org](http://www.childbirthconnection.org)  
The Gentle Birth Method –  
[www.gentlebirthmethod.com](http://www.gentlebirthmethod.com)

## The Rights of Childbearing Women

Childbirth Connection –  
[www.childbirthconnection.org](http://www.childbirthconnection.org)  
A Woman's Nation: Reclaim Your Right to  
Birth Right! – [www.huffingtonpost.com](http://www.huffingtonpost.com)  
Freedom For Birth – [www.freedomforbirth.com](http://www.freedomforbirth.com)  
Evidence Based Birth –  
[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)

## Articles/Videos About Common Childbirth Procedures

10 Procedures to think twice about during  
your pregnancy – [www.consumerreports.org](http://www.consumerreports.org)  
Penny Simpkin – [video delayed chord  
clamping](#)  
6 Reasons To Delay Baby's First Bath –  
[www.pregnancy.about.com](http://www.pregnancy.about.com)  
Skin To Skin In Operating Room is Possible –  
[Best For Babies Article](#)  
Skin To Skin After A Cesarean Birth –  
[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)  
Fetal Heart Monitoring –  
5 Ways Pitocin is Different than Oxytocin –  
[www.pregnancy.about.com](http://www.pregnancy.about.com)  
SKIN TO SKIN: A Vital Practice –  
[www.birthingmagazine.ca](http://www.birthingmagazine.ca)  
The Curse of Meconium Stained Liquor –  
[www.midwifethinking.com](http://www.midwifethinking.com)

Evidence Based Birth –  
[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)  
I'm Group B Strep Positive, Now What? –  
[www.mommypotamus.com](http://www.mommypotamus.com)  
Group B Strep Explained –  
[www.sarahwickham.com](http://www.sarahwickham.com)

## Consider This Before You Give Birth

Who Do You Want At Your Birth?  
[www.yourdoulabag.com](http://www.yourdoulabag.com)  
Why Winging It Doesn't Work –  
[www.fitpregnancy.com](http://www.fitpregnancy.com)

## Groovey Pregnancy & Birth Links

The Power Of The Placenta! –  
[www.khanacademy.org](http://www.khanacademy.org)  
The Power of the Psoas Muscle during  
Pregnancy & Birth –  
[www.breakingmuscle.com](http://www.breakingmuscle.com)  
The Last Days of Pregnancy –  
[www.mothingmagazine.com](http://www.mothingmagazine.com)  
How To Make A Labor-Aid Electrolyte Drink –  
[www.mommypotamus.com](http://www.mommypotamus.com)  
Frank Breech Home Birth (Graphic!) –  
<https://www.youtube.com/watch?v=I5HeBcAoqZc>

## Meditations & Visualizations for Birth

Mind the Bump – [A Mindfulness Meditation  
tool for new and expecting parents by Smiling  
Mind](#)

## Dads!

Fathers To Be – [www.fatherstobe.org](http://www.fatherstobe.org)  
New Dad Survival Guide –  
[www.artofmanliness.com](http://www.artofmanliness.com)  
Jerry Seinfeld's Secret For Not Snapping at  
His Kids – [www.huffingtonpost.com](http://www.huffingtonpost.com)

## **Vaginal Birth After Cesarean – VBAC**

International Cesarean Awareness Network –  
[www.ican-online.org](http://www.ican-online.org)

VBAC Facts – [www.vbacfacts.com](http://www.vbacfacts.com)

Tips & Tools: Vaginal Birth After Cesarean or  
Repeat C – [www.childbirthconnection.org](http://www.childbirthconnection.org)

## **DC Area Birth Centers**

Family Health & Birth Center –  
[www.yourfhbc.org](http://www.yourfhbc.org)

Birth Care – [www.birthcare.org](http://www.birthcare.org)

## **Home Birth**

Alternative Birth Choices –  
[www.altbirthchoices.com](http://www.altbirthchoices.com)

Wise Women In Charge –  
<http://www.wisewomanchildbirth.blogspot.com>

M.A.M.A.S. – [www.mamasmidwives.com](http://www.mamasmidwives.com)

Birth Care – [www.birthcare.org](http://www.birthcare.org)

Ten Moons Midwifery – [www.ten-moons.com](http://www.ten-moons.com)

## **Hospital Midwifery Care**

Wisdom Midwifery at George Washington –  
[www.gwdocs.com](http://www.gwdocs.com)

Midwifery Care Associates (Shady Grove  
Adventist) –  
[www.midwiferycareassociates.com](http://www.midwiferycareassociates.com)

Arlington Women's Center –  
[www.arlingtonwomenscenter.com](http://www.arlingtonwomenscenter.com)

Bay Area Midwifery –  
[www.bayareamidwifery.com](http://www.bayareamidwifery.com)

## **Childbirth Education Classes**

Informed Beginnings –  
[www.informedbeginnings.com](http://www.informedbeginnings.com)

Birthing From Within –  
[www.birthingfromwithin.com](http://www.birthingfromwithin.com)

BirthWorks – [www.birthworks.org](http://www.birthworks.org)

The Bradley Method – [www.bradleybirth.com](http://www.bradleybirth.com)

## **DC Area Birth Doulas**

Olimpia Lee (prenatal yoga teacher) –  
[www.soulstamina.com](http://www.soulstamina.com)

Elizabeth Reiner (midwife) –  
[elizabethreiner@gmail.com](mailto:elizabethreiner@gmail.com) • 202.446.4400

DC Birth Doulas (group practice) –  
[www.dcbirthdoulas.com](http://www.dcbirthdoulas.com)

Mamatoto Village – [www.mamatotovillage.org](http://www.mamatotovillage.org)

Birth Options Alliance –  
[www.birthoptionsalliance.org](http://www.birthoptionsalliance.org)

Third Party Reimbursement for Doula  
Services – [www.childbirthtoday.blogspot.com](http://www.childbirthtoday.blogspot.com)

## **Articles on Doulas**

[Doulas, A Growing Force in Maternity Culture, Seek Greater Acceptance](#)

## **PREGNANCY NUTRITION**

Nourishing Traditions, Sally Fallon  
Simply Being Well, Monica Corrado –

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

The Better Baby Book –  
[www.thebetterbabybook.com](http://www.thebetterbabybook.com)

The Healthy Baby Code –  
[www.healthybabycode.com](http://www.healthybabycode.com)

Chris Kresser – [www.chriskresser.com](http://www.chriskresser.com)

The Dr. Brewer Pregnancy Diet –  
[www.drbrewerpregnancydiet.com](http://www.drbrewerpregnancydiet.com)

Thank Your Body – [www.thankyourbody.com](http://www.thankyourbody.com)

Holistic IBCLC (Jennifer Tow) –  
[www.holisticibclc.blogspot.com](http://www.holisticibclc.blogspot.com)

The Human Microbiome: Considerations for  
Pregnancy, Birth & Early Mothering –  
[www.midwifethinking.com](http://www.midwifethinking.com)

## **PREGNANCY EXERCISE**

Nutritious Movement, Katy Bowman –  
[www.nutritiousmovement.com](http://www.nutritiousmovement.com)

Pelvic Floor Health – [www.kegelqueen.com](http://www.kegelqueen.com)

Why Squat? – [www.mothering.com](http://www.mothering.com)

Pregnancy Exercise –  
[www.pregnancyexercise.co.nz](http://www.pregnancyexercise.co.nz)

## **BOOKS CHILDBIRTH & PREGNANCY**

Ina May's Guide to Childbirth – Ina May Gaskin  
The Birth Partner – Penny Simpkin  
Gentle Birth, Gentle Mothering – Sarah Buckley, MD  
The Thinking Woman's Guide to a Better Birth – Henci Goer  
Homebirth In The Hospital – Stacey Marie Kerr, MD  
Active Birth – Janet Balaskas  
Your Best Birth – Rikki Lake & Abby Epstein  
Birthing From Within – Pam England  
Home Birth – Sheila Kitzinger  
Birth Reborn – Michele Odent  
Pushed – Jennifer Block  
Gentle Birth Method – Dr. Gowri Motha

### **Breastfeeding Support**

La Leche League – [www.llli.org](http://www.llli.org)  
Hygeia – [www.hygeiababy.com](http://www.hygeiababy.com)  
Geddes – [www.geddesproduction.com](http://www.geddesproduction.com)

### **LOCAL, DC AREA BREASTFEEDING SUPPORT**

DC Breast Feeding Center – [www.breastfeedingcenter.org](http://www.breastfeedingcenter.org)  
Bethesda Breastfeeding, Kathleen McCue – [www.bethesdabreastfeeding.com](http://www.bethesdabreastfeeding.com)  
Bethesda Birth & Baby, Patricia Ried – [www.bethesdabirthandbaby.com](http://www.bethesdabirthandbaby.com)  
Mamatoto Village – [www.mamatotovillage.org](http://www.mamatotovillage.org)

### **BREASTMILK SHARING**

Human Milk 4 Human Babies – [www.hm4hb.net](http://www.hm4hb.net)

### **DC AREA BREASTFEEDING NUTRITION & MEAL DELIVERY SERVICES**

Breastfeeding Chef, Ebeth Johnson – [www.breastfeedingchef.com](http://www.breastfeedingchef.com)

Momme Meals – [www.mommemeals.com](http://www.mommemeals.com)

### **KNOW YOUR BREASTFEEDING RIGHTS!**

Breast Feeding Laws – [www.breastfeedinglaw.com](http://www.breastfeedinglaw.com)

### **BREASTFEEDING GEAR**

Blessed Nest – [www.blessednest.com](http://www.blessednest.com)

### **COLIC, REFLUX & SUPPORTING BABY'S GUT HEALTH**

Chris Kresser – [How to Treat Acid Reflux in Babies Without Drugs](#)  
Dr. Aviva Romm – [The Colic Survival Guide](#)

### **BODY WORK Massage**

Mary Hastings – [mbhmassage@yahoo.com](mailto:mbhmassage@yahoo.com)  
202.276.3661  
Annette Wasilik – 202.236.3122  
Wise Woman Ayurveda – [www.wisewomanayurveda.com](http://www.wisewomanayurveda.com)  
Angela Ferri – <https://angelaferri.com>

### **Reflexology**

Jennifer Moore – [www.moorethanyoga.com](http://www.moorethanyoga.com)  
Terese Robinson – [thebodysway@gmail.com](mailto:thebodysway@gmail.com)

### **Osteopathy**

Christina Steele – [www.womenandchildrensosteo.com](http://www.womenandchildrensosteo.com)

### **Chiropractic**

Rachida Cohen – [www.caringchiropractor.com](http://www.caringchiropractor.com)  
Dr. Pantizis – [www.cheverlychiropracticcare.com](http://www.cheverlychiropracticcare.com)  
Dr. Anthony Noya – [www.noyachiropractic.com](http://www.noyachiropractic.com)

## **Prenatal/Postnatal Physical Therapy**

Women's PT at Georgetown University  
Hospital

## **Acupuncture**

Peter Liebenthal (MD)-

[www.peterliebenthal.net](http://www.peterliebenthal.net)

Kate Yonkers & Kelly Welch (DC) –

[www.acupuncture-dc.net](http://www.acupuncture-dc.net)

Liana Brooks-Rubin (DC) –

[liana@eventidewellness.com](mailto:liana@eventidewellness.com)

[www.pekoedc.net](http://www.pekoedc.net)

Devorah Walder (MD) – 301.802.7866

[devorahjoy@hotmail.com](mailto:devorahjoy@hotmail.com)

## **Cranial Sacral Therapy – EXCELLENT FOR BABIES!**

Angela Ferri – <https://angelaferri.com> ~  
240-277-2826

Devorah Walder -301.802.7866

[devorahjoy@hotmail.com](mailto:devorahjoy@hotmail.com) (treating adults,  
infants & children)

Eduardo Cortina -301.806.6633

[ecortina77@gmail.com](mailto:ecortina77@gmail.com)

## **Mother Blessings (vs. baby shower)**

[Mother Rising, The Blessingway Journey to  
Motherhood](#)

10 Moons Mehndi

## **POSTPARTUM SUPPORT**

The 4th Trimester – [www.peggyomara.com](http://www.peggyomara.com)

Meals For Mom – [www.mommemeals.com](http://www.mommemeals.com)

Eat, Sleep, Love – [www.eat-sleep-love.com](http://www.eat-sleep-love.com)

Mama Birthing – [www.mamabirthing.com](http://www.mamabirthing.com)

Mama Wise, Angela Ferri –

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

Happy Parents Happy Babies –

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

Mamatoto Village – [www.mamatotovillage.org](http://www.mamatotovillage.org)

## **POSTPARTUM**

[Mothering The Mother: 40 Days of Rest  
Creating Your Babymoon: A Guide for  
Postpartum](#)

[The Mama Circle: 40 Days of Traditional  
Postpartum Recovery](#)

[Ayurvedic Postpartum](#)

[40 Days After Giving Birth](#)

[The Lying in Period: The History of  
Postpartum Care](#)

[Pulling It Together: The History of Belly  
Binding as a Postpartum Ritual](#)

## **POSTPARTUM DEPRESSION**

24/7 Postpartum Support –

[www.postpartum.net](http://www.postpartum.net)

Dark Side Of The Full Moon –

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

Postpartum Progress –

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

Mama Wise, Angela Ferri –

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

## **Support After An Unplanned Cesarean Birth**

International Cesarean Awareness Network –  
[www.ican-online.org](http://www.ican-online.org)

The Connected Mom (No Greater Sacrifice) –  
[www.theconnectedmom.com](http://www.theconnectedmom.com)

Healing The Pain of a Traumatic Birth  
Experience – [www.amazon.com](http://www.amazon.com)

Scars that Run Deep: “All that Matters” after a  
Cesarean – [www.birthingbeautifulideas.com](http://www.birthingbeautifulideas.com)

Home Birth Cesarean –

[www.mamabirth.blogspot.com](http://www.mamabirth.blogspot.com)

## **BOOKS – POSTPARTUM**

Natural Health After Birth: The Complete  
Guide to Postpartum Wellness – Dr. Aviva  
Romm

After The Baby's Birth – Robin Lim

Gentle First Year – Dr. Gowri Motha

The Baby Book – Dr. Sears

Pregnancy, Childbirth & The Newborn – Penny Simpkin  
Breastfeeding Made Simple – Nancy Mohrbacher  
Pregnancy Blues – Shaila Kulkarni

## **Parenting/Lifestyle/Support**

Janet Lansbury – [www.janetlansbury.com](http://www.janetlansbury.com)  
Hand In Hand Parenting – [www.handinhandparenting.org](http://www.handinhandparenting.org)  
Peggy O'mara – [www.peggyomara.com](http://www.peggyomara.com)  
8 Infant Sleep Facts – [www.askdrsears.com](http://www.askdrsears.com)  
Evolutionary Parenting – [www.evolutionaryparenting.com](http://www.evolutionaryparenting.com)  
Progressive Parenting – [www.progressiveparentingnetwork.com](http://www.progressiveparentingnetwork.com)  
Attachment Parenting – [www.attachmentparenting.org](http://www.attachmentparenting.org)  
Holistic Moms Network – [www.holisticmoms.org](http://www.holisticmoms.org)  
Natural Family Living Etc. – [www.mothing.com](http://www.mothing.com)  
Conscious Moms – [www.consciousmoms.org](http://www.consciousmoms.org)  
Parenting From The Heart – [www.parentingfromtheheart.com](http://www.parentingfromtheheart.com)  
MOMS – [www.mothersofmultiples.com](http://www.mothersofmultiples.com)  
DC Metro Moms – [www.dcurbanmom.com](http://www.dcurbanmom.com)  
Space For Myself – [www.spaceformyself.wordpress.com](http://www.spaceformyself.wordpress.com)  
Acorn Hill Parenting – [www.acornhill.org](http://www.acornhill.org)  
RIE – [www.rie.org](http://www.rie.org)  
Mindful Moms DC – [www.mindfulmoms.com](http://www.mindfulmoms.com)  
Campaign For A Commercial Free Childhood – [www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

## **DC PARENTING PROGRAMS**

Parent Encouragement Program – [www.pepparent.org](http://www.pepparent.org)

## **BOOKS – PARENTING**

Dear Parent, Caring For Infants With Respect – Magda Gerber  
Your Self-Confident Baby – Magda Gerber

Respecting Babies – Ruth Anne Hammond  
Elevating Child Care – Janet Lansbury  
You Are Your Child's First Teacher – No Bad Kids, Toddler Discipline Without Shame – Janet Lansbury  
Baby Knows Best – Deborah Carlisle Solomon  
Trees Make The Best Mobiles – Jessica Teich and Brandel France De Bravo  
Everyday Blessings, The Inner Work of Mindful Parenting – Myla & Jon Kabat-Zinn  
Simplicity Parenting – Kim Jon Payne  
Magical Child – Joseph Chilton Pearce  
Becoming The Parent You Want To Be – Laura Davis  
Raising Our Children, Raising Ourselves – Naomi Aldort  
Smart Moves, Why Learning Is Not All In Your Head – Carla Hannaford, PH.D.  
Being With Babies, Understanding and Responding to the Infants in Your Care – Kovach  
Last Child In The Woods – Louv  
Positive Parenting – Jane Nelson

## **CHILD MOVEMENT DEVELOPMENT**

Movement Laboratory (Body Mind Centering) – [www.movementlaboratory.org](http://www.movementlaboratory.org)  
Janet Lansbury – [www.janetlansbury.com](http://www.janetlansbury.com)  
Emmi Pikler – [www.pikler.org](http://www.pikler.org)  
RIE – [www.rie.org](http://www.rie.org)

## **Articles on Free Initiated Movement (Click On Article)**

[Baby Lead Play!](#)  
[Baby, You Were Born To Play!](#)  
[Babies On The Move!](#)  
[Magic Happens On The Floor](#)  
[Sitting Baby Up, The Downside](#)  
[Tummy Time – Baby's Way!](#)  
[The Case Against Tummy Time](#)  
[Baby Led Tummy Time](#)  
[LIVE: Climbing Mountains With Magda Gerber](#)

## **Vision Care for Infants & Children**

Infant See, FREE Eye Assessment for infants 6-12 months old! – [www.infantsee.org](http://www.infantsee.org)

Vision & Conceptual Development Center – [www.visiontherapy.com](http://www.visiontherapy.com)

NY TIMES Article – <http://www.nytimes.com>

## **Movement Therapy for Infants, Children & Adults**

Adrienne Penebre, The Anat Baniel Method – [www.neurophysica.net](http://www.neurophysica.net)

Elizabeth Hagerman – [lizhhagerman@gmail.com](mailto:lizhhagerman@gmail.com)

The Feldenkrais Method – [www.feldenkrais.com](http://www.feldenkrais.com)

## **Baby Wearing (SEE NOTE BELOW)**

Beltway Babywearers – [www.beltwaybabywearers.blogspot.com](http://www.beltwaybabywearers.blogspot.com)

Boba – <http://www.bobafamily.com/research/strollers-baby-carriers-and-infant-stress/#9>

The Baby Wearer – [www.thebabywearer.com](http://www.thebabywearer.com)

Didymos – [www.didymos.com](http://www.didymos.com)

Moby Wrap – [www.mobywrap.com](http://www.mobywrap.com)

Ergo Baby – [www.ergobaby.com](http://www.ergobaby.com)

Pax Baby – [www.paxbaby.com](http://www.paxbaby.com)

NOTE: BEFORE YOU BUY A BABY CARRIER, BE SURE THAT YOUR CARRIER SUPPORTS YOUR BABY'S THIGHS FROM THE HIP TO THE KNEE. Ideally the knees are slightly higher than the hips for optimal joint support. Also, it's important to keep baby facing your body AND AVOID ALL OUTWARD FACING CARRIERS. Along with giving your baby something/someone to rest onto, this also keeps your baby less stimulated and more calm. IDEALLY CARRYING YOUR BABY (with good alignment) WILL OFFER A BETTER WORKOUT AND MOVEMENT FOR YOU AND YOUR BABY.

## **CLOTH DIAPERING**

Green Mountain Diapers – [www.greenmountaindiapers.com](http://www.greenmountaindiapers.com)

## **Eco Friendly Disposable Diapers**

The Honest Company – [www.honest.com](http://www.honest.com)

Naty Diapers – [www.naty.com](http://www.naty.com)

Earth's Best – [www.earthsbest.com](http://www.earthsbest.com)

## **NATURAL TOYS/CLOTHING**

Playthings – Stay clear of plastic and instead chose

Life Without Plastic –

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

Nova Natural Toys + Crafts –

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

Make Baby Stuff – [www.make-baby-stuff.com](http://www.make-baby-stuff.com)

Bella Luna – [www.bellalunatoys.com](http://www.bellalunatoys.com)

## **Cotton/Wool – Natural fibers are healthier for babies skin and let the body breathe!**

Wee Woollies – [www.weewoollies.com](http://www.weewoollies.com)

Sckoon – [www.sckoon.com](http://www.sckoon.com)

Nordic Natural Clothing –

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

Hessnatur – [www.hessnatur.com](http://www.hessnatur.com)

Danish Woolen Delight –

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

Kiya's Naturals – [www.kiyasnaturals.com](http://www.kiyasnaturals.com)

## **SHOES! These shoes give babies & toddlers the freedom to articulate their feet!**

SoftStar – [www.softstarshoes.com](http://www.softstarshoes.com)

Stonz – [www.stonzwear.com](http://www.stonzwear.com)

Jack & Lily – [www.jackandlily.com](http://www.jackandlily.com)

Vivobarefoot – [www.vivobarefoot.com](http://www.vivobarefoot.com)

UnShoes – [www.unshoesusa.com](http://www.unshoesusa.com)

PLAE – [www.goplae.com](http://www.goplae.com)

## **MUSIC (played in prenatal yoga class)**

ReTurning – [Jennifer Berezan](#)  
Raku – [PC Davidoff & Friends](#) (Meditative)  
Sivasana – [Wah!](#) (Calm Chanting –  
Meditative)  
Soul of The Esraj – [Benji Wertheimer](#)  
(Instrumental)  
Crimson Collection Vol 6-7 – [Sing  
Kaur-Robertson](#)  
Lullaby, A Collection – [Various Artists](#)  
The Essence – [Deva Premal](#) (devotional  
chants)  
One River – Benji Wertheimer & John de  
Kadt (instrumental)

## **DVD**

[Orgasmic Birth](#)  
[The Business of Being Born](#)  
[Mama Sherpas](#)  
[Birth As We Know It](#)

## **FERTILITY, WELLNESS & MENOPAUSE**

Angela Ferri – <https://angelaferri.com>  
Pulling Down the Moon –  
[www.pullingdownthemoon.com](http://www.pullingdownthemoon.com)  
FloLiving – [www.FLOliving.com](http://www.FLOliving.com)  
Women To Women –  
[www.womentowomen.com](http://www.womentowomen.com)  
Dr. Christiane Northrop – [www.drnorthrup.com](http://www.drnorthrup.com)  
Dr. Claudia Welch – [www.drclaudiawelch.com](http://www.drclaudiawelch.com)

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[petitworldcitizen.com](http://petitworldcitizen.com)  
[lizhagerman.blogspot.com](http://lizhagerman.blogspot.com)  
[www.mommypotamus.com](http://www.mommypotamus.com)