

MAMATOTO SPEAKERS LIST

www.mamatotosb.com

This is the list was last updated in 2/25/07. It's been passed down for generations of Mamatoto groups. Please send in your ideas for adding or subtracting from this list to info@mamatotosb.com.

The following people have asked or agreed to be a part of this list. *We do not endorse any one group, person, product, or service.*

Acupuncture:

Lonnie Wu (682-2153) Lonnie is available to discuss healing through acupuncture and natural medicines including foods, homeopathy, and Chinese herbs. Lonnie is also a registered nurse and is very familiar with allopathic medicine as well. "A fantastic speaker!"

David Gaynes, L.Ac., Total Health (682-6492) <http://www.sbttotalhealth.com> David is a licensed acupuncturist and holistic healthcare practitioner. His specialties are: Allergy Elimination utilizing the NAET technique - can be used for parents and children/infants, Hormonal issues including post-partum recovery, depression, balancing, Cleansing, detox, gastrointestinal issues, Pain and recovery - chronic, acute, injury. David is happy to speak to groups. He also has personal experience with natural childbirth, inversion, labor support, etc.

Pamela Grant (805-957-1773) gentle acupuncture, herbal medicine, and allergy elimination. "When my new born wasn't breathing well, she was all stuffed up, I took her to Pamela. With a completely non-invasive technique she performed on me, while I held my baby, I learned that my daughter was allergic to calcium. With a few short, reasonably priced visits my daughter's allergy was completely cleared and she was breathing again. This was a much better approach for me than eliminating foods from my diet!" a Mamatoto mom.

Assisting Your Baby's Development:

Laura Sobell (566-9665) Laura is available to talk about stimulating your child's development from birth through toddler hood. She can also discuss "peaceful discipline"-the beginnings of teaching your child discipline. Laura is the author of the book "Save Your Baby: Throw Out Your Equipment." Laura has 2 children and teaches many classes through Adult Education. **Infant**

Massage: Marla Van Stein (684-0220) Licensed infant massage therapist and a once Mamatoto member. She speaks on the value and benefits of massage for the baby and the whole family. She is available for 1-2 hours to give a class on infant massage for a fee. Contact her for dates and possibilities.

Birth Experience: Ray Castellino of BEBA (564-3430) Ray is available to discuss prenatal and birth stress/trauma, its effect on physical, emotional and mental development, and its resolution. In addition to discussing the pre-natal birth experience, he will discuss the BEBA (Birthing Evolution-Birthing Awareness) project, a local nonprofit research clinic focusing on treating babies for prenatal and birth trauma. They incorporate practices and theories from a wide range of medical disciplines. Ray is an interesting speaker to have when the babies are very young, regardless of your individual birth experiences.

Breastfeeding:

Virginia Bobro (729-6670, www.motherways.org) Once a La Leche League leader here in SB, Virginia can address a range of topics including family issues with breastfeeding, nutrition, avoiding and overcoming difficulties, pumping breast milk, nursing toddlers and weaning. As well as teaching the Birthing from Within childbirth classes she is also facilitating Birth Story Workshops to explore your experience of giving birth. Call her for upcoming dates and fees.

Hildy George (683-4270) Hildy was the breastfeeding guru at the Birth Resource Center (which no longer exists as a physical space) and is available to assist with individual needs anytime, free of charge, as well as to speak with your group about any and all issues related to breastfeeding.

Children's Dentistry:

Dr. Annie Pham-Cheng (681-7301 www.sbkidsmile.com). Will speak to groups free of charge.

Choices in Education

Home Schooling: Jody Thomas: (963-2673) Jody is available to discuss her experiences with deciding to home school two children. Jody, a former La Leche League leader, will share her experience designing a family-centered education program, including joining with other Home schooling families (several of whom she originally met in her mothers' circle group!) Jody has two daughters and is available to speak in the evenings.

Skona Britten: (967-2270) Skona has two grown children and is available to speak on the phone about her home schooling adventures.

Exercise and Movement Postpartum exercise:

Fredda Spirka (682-5141) Fredda is available to demonstrate and discuss postpartum exercise techniques. Fredda can also discuss natural remedies for children and mothers during the childbearing years.

Family Growth/Aware Parenting:

Aletha Solter (968-1868), solter@awareparenting.com Aware parenting consists of attachment style parenting, non-punitive discipline and acceptance of emotional release. Parents who follow this approach raise children who are bright, compassionate, non-violent and drug-free. Dr. Solter is the author of three related books. She is available for private consultations, talks and workshops. Her fee is \$75 per hour and is well worth it!

Heather Stevenson, M.A., (805-453-4570) www.openheartparenting.com is a certified Aware Parenting Instructor. She is a Mamatoto mom and is available to speak at meetings free of charge. heather@openheartparenting.com

Linda E. Menesez, M.S.W., L.C.S.W. (569-0264) Linda is an Individual, Couple and Family Counselor and is available to speak to your group about the changing family dynamics after the birth of your child. She raised 3 sons in the family bed and was an avid member and supporter of La Leche League for many years. She is a valuable resource for parents who need support!

Parent Talk/Connection Parenting Classes:

Nica Guinn (570-5194) www.nicaguinn.com Nica's mission is to improve communication and connection between parents and help to create happier families. She is available to come speak to the group and offers a taste of Parent Talk, 10 steps to successful communication with your child, and eliminating power struggles and encouraging cooperation.

Women's Sexuality and "Life after baby"

Pamela Madison (563-1071)

Holistic Family Care:

CPR for infants: Red Cross of SB. Alma Santa Cruz (687-1331)

Su Wyatt, FNP "Sattva Healthcare" (895-2872)

Su is a family nurse practitioner who has a holistic, strength and family focused practice. She is available to speak about her philosophy of health and healing and is a wonderful alternative to an allopathic pediatrician for your children. She has the capability of prescribing allopathic medicines and ordering labs if indicated.

Homeopathy:

Laurie Counihan Childs (682-0123 office) or 682-0167 home) Laurie is available to discuss homeopathic medicine and remedies for general childhood ailments and illnesses. Laurie also offers classes in natural medicine. Laurie has one daughter and is a great supporter of attachment parenting and the Mamatoto groups! **Luc Maes (682-8660)** Luc is available to discuss homeopathic care. He has a daughter and a son.

Commercial Demonstrations Baby proofing/Organic Environments:

Lisa Blades of Nesting 1,2,3. (969-9789, www.nesting123.com) Lisa has 2 children of her own and is passionate about organic and healthy environments for children. She can speak about several things on her website.

Family Photography: Linda Blue Photography (962-6760,) Linda is available to come to your group meeting and for \$25 each, will shoot 3-5 photos of you and your baby, just baby, or entire family and will give you the proofs. She is a graduate of Brooks, and has been in the business for 15 years.

Organizing Family Space: Sara Caputo of Radiant Organizing (689-8414)

www.radiantorganizing.com Sara is available to speak to your group about the importance of being organized while having young children. She can help you save time and energy by creating customized systems that help make your days as a parent significantly easier. She is also available for personal consultations.

Creative Memories (Photo albums): Ellen Berk (964-3998, CMCEllen@cox.net) Create lifelong memories and preserve your pictures with fantastic photo albums. This is a must if you find yourself approaching baby's first year and lost in the photos.

2000 Degrees: Stuart or Jennifer (882-1817) Paint your own design on ceramics, they overglaze and fire. Fun for baby hand and/or footprints on tiles, ornaments, etc. Call to arrange a group outing to the shop.

Slings -Over the Shoulder baby holder/Extravagant Love Sling: Fredda Spirka (682-5141)

Fredda sells baby slings. She is available to discuss the benefits of "baby wearing", provides helpful advice and sells these products to anyone interested.

Maya Wrap and Moby Wraps: Virginia Bobro (729-6670, www.motherways.org)

Kindermusik: Kathy Hayden (884-0072) Music and movement classes for 3mo. old babies and beyond.

Cielo Spa: Roxanne Zbinden (687-8979 , www.cielospasb.com) 1725-C State St. Roxanne has an abundance of organic baby care products as well as organics for the mamas. She has fantastic massage and facial pampering packages and has offered a 10% discount on product for your first visit. She is available to talk to the group about the importance of skin care and taking care of yourself after the baby comes.