

## Maternity/Childbirth/New Parent Resources

### **Birth Support/Parent Education Agencies**

Blossom Birth\*\*  
650-321-2326  
<http://blossombirth.org/>

Stanford Park Nannies  
650- 462-4580  
[www.spnannies.com](http://www.spnannies.com)

Day One  
650-322-Day1 (3291)  
<http://www.dayonecenter.com/>

WorkLife Office 650-723-2660  
-Parent Education Brown Bags monthly on campus  
-Childcare resource and referral  
-Financial assistance programs for Stanford employees with children  
-ParentNet – email list for Stanford Parents  
[http://worklife.stanford.edu/parent\\_resource.html](http://worklife.stanford.edu/parent_resource.html)  
shallibu@stanford.edu

Parents' Place of the Peninsula  
<http://www.parentsplaceonline.org/>

Town and Country Resources \*\*  
(650) 326-8570  
<http://www.tandcr.com/>

### **Birthing Clubs/Mothers Clubs**

Attachments Parents of the Peninsula  
<http://www.appen.org/>

Parents' Club of Menlo Park and Palo Alto  
<http://www.bigtent.com/groups/pamp/>

Blanket Babies – Blossom Birth  
[bbbabies@gmail.com](mailto:bbbabies@gmail.com)  
<http://blossombirth.org/>

Parent-Net (Stanford-only parent email group)  
Call WorkLife at 723-2660 to sign-up

### **Doulas, Nurses, Mid-Wives**

Blossom Birth Doulas  
[http://blossombirth.org/blossom\\_doulas.html](http://blossombirth.org/blossom_doulas.html)

San Francisco Doula Group  
<http://www.sfdoulagroup.com/index.html>

Doulas of North America  
<http://www.dona.org/>

Silicon Valley Doulas  
(408) 781-4775  
<http://www.siliconvalleydoulas.com/>

### **Exercise/Activities**

Baby Boot camp  
<http://www.babybootcamp.com/>

Palo Alto Enjoy!  
<http://www.cityofpaloalto.org/recreation/enjoy.asp>

Mom and Baby Fitness – Day One  
[http://dayonecenter.com/fitness/yoga\\_pa.php](http://dayonecenter.com/fitness/yoga_pa.php)

Stroller Hikes Club  
<http://www.strollerhikes.com/>

Lamaze International  
800-368-4404 info@lamaze.org

*\*This list is provided as a service only. The WorkLife Office and Stanford University do not endorse any of these references. \*\*Discounts available for Stanford employees.*