Business Name	Info	Phone Number	Email	Notes about services
Activities and Services for the first 3 years of parenthood	**My favorites are the ones in purple!**			
Doulas				
Upper Valley Doulas	http://www.uppervalleydoulas.com/		doulamaryetna@gmail.com	Find a doula
Sunflower Postpartum Care	https://sunflowerpostpartumcare.com	8034314852	sunflowerpostpartumcare@gmail.com	Postpartum Doula, Photographer, Travel Nanny, Overnight Newborn Care
Life Tree Birth Services	http://www.lifetreebirth.com/	7034479894	LifeTreeBirth@gmail.com	Birth doula and childbirth education
Well Maiden	http://www.wellmaiden.com/		http://www.wellmaiden.com/contact-us.html	
Chiropractors				
Prenatal, Postpartum, Pediatric Chiropractor	http://www.uppervalleychiropractic.com/	6032987400	info@uppervalleychiropractic.com	Chiropractic
OBs				
Lebanon OB/GYN	https://www.dartmouth-hitchcock.org/obgyn/lebanon-obgyn-teams.html	6036502600	whrc@hitchcock.org	OBGYN and Midwives
DHMC Concord - Ashish Chaudhari	https://www.dartmouth-hitchcock.org/findaprovider/provider/2024	6032295492		OBGYN
Pediatricians				
White River Family Care (Dr Lyons or any!)	http://whiteriverfamilypractice.com	8022956132		Family Practice
New London Pediatrics	https://www.newlondonhospital.org/services/pediatrics/	6035265363		Pediatrician
CHAD - Eileen Granahan	https://www.dartmouth-hitchcock.org/findaprovider/provider/1525	8006530776		Pediatrician
Nancy Turkington Montshire Pediatrics		6036436700		Pediatrician
Pediatric Dentists				
Just Kids - Norwich	http://www.justkidspediatricdental.com/contact-norwich.php	8026495210	info@justkidspd.com	Pediatric Dentist
New London Pediatric Dentistry	newlondonpediatricdentistry.com	6038770069		Pediatric Dentist
Upper Valley Dental Group	http://www.uppervalleydental.com/frenectomy	6036784700		Pediatric Dentist
Midwives				
Lebanon OB/GYN	https://www.dartmouth-hitchcock.org/obgyn/lebanon-obgyn-teams.html	6036502600	whrc@hitchcock.org	OBGYN and Midwives
Circle of Life	https://www.circleoflifesite.com/	8452648724	circleoflife74@gmail.com	Homebirth Midwife
8 Generations	https://8generations.com/	8022341384	8generationsbirthservices@gmail.com	Homebirth Midwife
Concord Birth Center	http://www.concordbirthcenter.com/	6032288710	Concordbirthcenter@gmail.com	Homebirth and Birth Center Midwives
Gentle Landing	https://gentlelanding.com/	6034486940	info@gentlelanding.com	Homebirth and Birth Center Midwives
Free Resources				
Good Beginnings	https://www.gbuv.org/	6032989524	info@gbuv.org	Postpartum home visit support
Women's Health Resource Center	https://www.dartmouth-hitchcock.org/whrc.html	6036502600		
Pregnancy Center of the UV	https://pregnancycenteruppervalley.com/	6032986123	info@pregnancycenteruppervalley.com	https://pregnancycenteruppervalley.com/services/
Overnight Newborn Care				
Sunflower Postpartum Care	https://sunflowerpostpartumcare.com	8034314852	sunflowerpostpartumcare@gmail.com	Postpartum doula, live in care, travel nanny, overnight newborn care, and photography
Photographers				
RLG Photography	rlgphotographyvt.zenfolio.com	8023998761		
Lactation Consultants				
La Leche League	https://www.llli.org/			
Woodstock Lactation	https://woodstocklactation.com/	2817317313	ariel@woodstocklactation.com	IBCLC
Ladybird Lactation	https://www.facebook.com/pg/LadybirdLactation	6037488640	ladybirdlactation@gmail.com	Educational Consult
Pass The Milk Project	https://www.facebook.com/pg/PTMPLIQUIDGOLDDIARIES/		passthemilkproject@gmail.com	Post in the New England branch for donor milk
Massage Therapists				
Healing Arts Bodywork and Yoga	http://www.ha.massagetherapy.com/	6034489642	healingarts@massagetherapy.com	Massage therapy and yoga
Dana Hurley	https://www.samabarefootmassage.com/		hurleydana@gmail.com	Massage and energy healing
Classes for Baby AND Parents				
Upper Valley Yoga	https://www.uppervalleyyoga.com/	8027854052	info@uppervalleyyoga.com	Prenatal Yoga
Healing Arts Bodywork and Yoga	http://www.ha.massagetherapy.com/	6034489642	healingarts@massagetherapy.com	Massage therapy and yoga
Mighty Yoga	http://www.mightyyoganh.com/	6036766016		Pre/post natal yoga
Erin Mccabe	erinmccabewellness.com		info@erinmccabewellness.com	Postpartum Yoga Workshop
Kim and Jenny	travelasana.net	6036676515	kim@wegnerarts.com	Yoga and Pilates
Upper Valley Music	https://uvmusic.org/	6034481642	info@uvmusic.org	Baby Music Class
Tales and Tunes with Tots	Thetford Latham Library Wednesday's 10-11am			Storytime
Enfield Library Story Time	Tuesdays @ 10am			Storytime
Woodstock Storytime	http://normanwilliams.org/?q=about			Storytime
Rhino n Stomp Music	https://lebanonnh.gov/1107/Romp-Stomp?fbclid=IwAR3btoxhS23D7XF4eBKemxFWKKa6TSXAUs6Kjy0920e7vbjlclP86KrpZMQ			Storytime
Etna Library Stories and Art	https://www.hanovernh.org/etna-library			Storytime
Music and Movement	Tuesday 10:30 Howe Library			Storytime
Quechee Story Time	Quechee Library			Storytime
Lebanon Story Time	Wednesday 10:30 Lebanon Library			Art Class
Artistree	Monday 10-11am $5 toddler art			Art Class
Music with Friends - Newport	Friday 10-10:45	6038633040	info@libraryartscenter.org	
Tot Lot CCBA	Wednesday 9-11am $3			Swim Class
Splashin Tots Swim CCBA	6 months to 4 years old with an adult. Members FREE, $3 one child, $5 family. Thursdays 9:30-11	6034486477		
Hanover Rec Center	Free bouncy house 0-4			
UVAC swim classes!	One on one, parent and tot, or preschool classes! Jess Kimball teaches private lessons here		kcox@uvacswim.org	
Ava Art Class	https://avagallery.org	6034483117	info@avagallery.org	Art Class
Play and Support Groups				
The Family Place Playgroup	https://www.familyplacevt.org	8026493268	info@the-family-place.org	Monday + Friday 9-10:30
The 4th Trimester Group	https://www.dartmouth-hitchcock.org/whrc.html	6036502600		Thursdays at 10am
Howe Library Playgroup	https://www.thehowe.org/kidsweeklyprograms	6036434120		Monday + Friday 9-10:30
Family Resource Centers				
TLC - Claremont	https://www.tlcfamilyrc.org	6035421848	maggie@tlcfamilyrc.org	
Orange County	http://www.orangecountypcc.org/about-us	8026852264	info@orangecountypcc.org	
The Family Place - Norwich	https://www.familyplacevt.org	8026493268	info@the-family-place.org	
Spark Community Center	http://www.sparkcommunitycenter.org	6036788619	info@sparkcommunitycenter.org	
House Cleaner				
Erin Parshley - Life Is Maid		8026618713	erinp.603@gmail.com	Personal Concierge Service
Childbirth Ed and Newborn Care				
DHMC	https://www.dartmouth-hitchcock.org/obstetrics/classes_dhmc.html	6036539300		
Mary Etna with Life Tree				
Gyms WITH Childcare				
River Valley Club	https://rivervalleyclub.com/	6036437720		
CCBA	https://www.joinccba.org/	6034486477		
Date Night Sitters				
Cassandra Hammel		8022818984	Cassandra.m.hamel@gmail.com	Preschool infant teacher and mother of two available for date night sitting
Sunflower Postpartum Care	https://sunflowerpostpartumcare.com	8034314852	sunflowerpostpartumcare@gmail.com	Available for date night sitting
Upper Valley Childcare Page	https://www.facebook.com/groups/2031344383768765/2550570688512796/?comment_id=2550576181845580&notif_id=1580925467124742&notif_t=group_comment			
Plumbing and Electric Emergencies				
Simple Energy	simpleenergyonline.com	6032987200	info@simpleenergyonline.com	Electrician
Eugene Boisvert Plumbing and Heating	http://www.eugeneboisvert.com	6032986888	info@eugeneboisvert.com	
Playgrounds				
Huntley Meadows				
Nathans Garden				
Tenney Park				
Riverside Park				
Ice Rinks and Alpine Skiing				
Behind Etna Fire Station	ice rink			
Banks St Extension in Leb, NH	ice rink			
Norwich Green	ice rink			
Lyme Green	ice rink			
Ocum Pond (Doc has rental skates)	ice rink			
Dartmouth Skiing	skiing			
Whaleback	skiing			
Storrs Hill	skiing			
Quechee Club	skiing			
Swimming				
CCBA	Year Round			
UVAC	Year Round			
RVC	Year Round			
Claremont Community Pool	Year Round			
Lebanon City Pool	Summer			
Quechee Country Club	Summer			
Trues Ledges	Summer			
Storrs Pond	Summer			
Ledyard Canoe Club	Summer			
Childrens Museums				
Montshire	https://www.montshire.org/	8026492200		
Toddler Classes				
Gymnastics	http://northernlightsgymnastics.com	8022952070		
Karate	https://www.gracieuppervalley.com/general/	6036767838		
Art	Ava Paint Class https://avagallery.org	6034483117	info@avagallery.org	
Dance	http://thedancecollectivenh.com/	6039989045		
Seasonal Activities				
Breakfast with Santa	Dothan Brook School			
Easter Bunny	Enfield Lioness Club			
Nativity Displays	Lyme Church - 1st Saturday of December			
Egg Drops	Search the UV moms group!			
Family Volunteer Opportunities				
Green Up Day	http://uppervalleyfood.coop/earth-day-and-green-up-day/			
Bake for UV Haven	https://uppervalleyhaven.org/	8022956500	info@uppervalleyhaven.org	
Emergency Services				
Poison Control	1-800-222-1222			

Business Name																					
Circle of Life	Circle of Life	https://www.circl	845-264-8725	circleoflife74@gn	Homebirth Midwi	Circle of Life	https://www.circl	845-264-8726	circleoflife74@gr	Homebirth Midwi	Circle of Life	https://www.circl	845-264-8727	circleoflife74@gn	Homebirth Midwi	Circle of Life	https://www.circl	845-264-8728	circleoflife74@gr	Homebirth Midwi	Circle of Life
Upper Valley Music	Upper Valley Music				Baby Music Clas	Upper Valley Music				Baby Music Clas	Upper Valley Music				Baby Music Clas	Upper Valley Music				Baby Music Clas	Upper Valley Mu