



For more information on these and other subjects, please see the MothersCare web site at [www.motherscarehawaii.org](http://www.motherscarehawaii.org).

We have done our utmost to ensure accuracy of the information included in the Hapai Hotsheet, though circumstances beyond our control may make individual listings out of date.



**535-7988/1-800-772-3020**

Hawaii's statewide public awareness campaign to promote prenatal care and education. Call us for a free packet of pregnancy & birth info, including pregnancy calendar and coupon book. For other resources not listed on this hot sheet, visit our website - [www.motherscarehawaii.org](http://www.motherscarehawaii.org)



**942-BABY**

Hawaii's little secret for women who won't sacrifice flair for the 40 weeks of pregnancy and beyond. Featuring better maternity and nursing brands such as Japanese Weekend, Olian and Belly Basics, as well as the Zutano line for keiki. [www.makanamotherandbaby.com](http://www.makanamotherandbaby.com)



# The Hapai Hotsheet

A Resource For Expectant Mothers

Provided By:



# The Hapai Hotsheet

A Resource For Expectant Mothers

A Service Provided By MothersCare and Makana Mother & Baby



## Apparel/Maternity & Postpartum

Makana Mother & Baby 942-BABY  
Motherhood Maternity 487-7116

## Baby Supplies

Baby Emporium 596-4868  
The Children's Cottage 484-4894  
Dolphin Diaper Service 261-4775  
Kahala Kids 737-6200  
Kelsey's Baby Specialties 486-9000

## Breastfeeding & Breast Pumps

Breastfeeding Promotion Council of  
Hawaii (other breastfeeding resources)  
[www.breastfeedinghawaii.org](http://www.breastfeedinghawaii.org)  
Hawaii Mothers' Milk 949-1723  
La Leche League 672-5789  
Queen's Breastfeeding  
Support Center 537-7404

## Childbirth Education

Bradley Classes 537-4462/254-5392  
Castle Medical Center 263-5500  
Hawaii Childbirth Education  
Association (HCEA) 623-3771  
Kahuku Hospital 293-9221  
Kaiser Permanente 432-5955  
Kapiolani Medical Center 535-7000  
Positively Pregnant (free) 535-7474  
Queen's Medical Center 538-9011  
Wahiawa General Hospital 621-8411

## Childcare

Aloha Nannies 394-5434  
Good Beginnings Alliance 531-5502  
Hawaii Nanny & Domestic  
PATCH 597-8211  
839-1988

## Doulas

Doula Network of Hawaii 373-9436

## Health & Safety

Domestic Violence Clearinghouse  
and Legal Hotline 531-3771  
March of Dimes 973-2155  
DOH Maternal & Child Health 733-9022  
Poison Control Center 1-800-222-1222  
WIC 586-8175

## Massage/Prenatal & Infant

Aloha Lomilomi 738-5244  
Barbara Essman 239-2248  
Hawaii Wellness Center 722-8548  
Kathryn Julia 735-3418  
Sun and Moon Massage 389-1751

## Parenting Education

Families for Real 453-6478

## Parenting Support Groups

Aloha Mothers of Multiples 943-1983  
The Baby Hui 735-2484  
Hawaii Coalition for Dads 841-2245  
MOMS Club 923-4309  
Parent Line 526-1222

## Perinatal Depression

Rosemary Adam-Terem 955-7372

## Postpartum Support & Care

Tenaya Jackman 595-5352  
Erica McMillan 291-2650

## Pregnancy Photography

Moments...Memories 239-2467  
Wonder Bellyfull 271-9188

## Prenatal/Postpartum Fitness

Baby Boot Camp 754-6169  
Kapiolani Women's Center 973-5967  
Purple Yoga of Moiliili 485-0230  
Stroller Strides 371-6904/783-5701  
Sun and Moon Yoga 230-2288

## Special Services

Birth Origin Creations (Belly casts) 291-2650  
Labor Tubs 284-2445  
Stork News of Oahu 396-6397

## Exclusively For Military Families

Joint New Parent Support  
Program 433-4864  
New Parent Support Program 257-8803  
Tripler Army Medical Center 433-6661  
USAA Child Safety  
Seat Program 1-800-531-6396