



WEST END MAMAS *Health & Wellness for Fertility • Pregnancy • Postpartum • Pediatric*

With a wide range of services, we make it easier for you to be a mother.  
No matter where you are on your journey, we're here for you.

### Fertility

Our fertility services can help prepare you for and launch you into your journey into motherhood.

### Prenatal

Our experts can help you feel better during your pregnancy and prepare you for a better birth experience.

### Postpartum

With outstanding care and support, you can feel your best after having a baby.

### Pediatric

Care for your little ones during their younger years. We help babies and kids feel their best.

[info@westendmamas.ca](mailto:info@westendmamas.ca) | [westendmamas.ca](http://westendmamas.ca)



## Are you experiencing any of these symptoms?

### During Pregnancy:

- Hip pain
- Rib pain
- Headaches
- Vomiting/nausea
- Low back pain
- Sciatica
- Pelvic/pubuc bone pain
- Neck pain
- Incontinence
- Painful sex
- Energy issues
- Other aches and pains
- Anxiety over life changes/issues
- Feeling of depletion/malaise

### After Baby is Born:

- Pelvic Floor Issues (incontinence, painful sex)
- Low energy and nutritional deficiencies
- Low back and hip pain
- Postpartum depression/ anxiety and relationship stress
- Breastfeeding issues
- Babies with colic, gas, latch problems, sleeping issues
- Upper back/neck pain
- Other aches and pains

*We're here to help you feel better. Our team of experts will take exceptional care of you.*



# Prenatal Care 4-27 Weeks



Pelvic/Regular Physiotherapy	Registered Massage Therapy	Chiropractic	Acupuncture
<ul style="list-style-type: none"> <li>• Safe, gentle, effective treatment for hip, low back, and pelvic pain</li> <li>• Effective for incontinence, diastasis recti and pelvic organ prolapse</li> <li>• Book an appointment ASAP if you are experiencing incontinence, a feeling of pelvic “fullness”, and/or painful sex</li> </ul>	<ul style="list-style-type: none"> <li>• Effective for relaxation, pain control and to reduce swelling</li> <li>• Consider monthly appointments throughout your pregnancy, to assist with muscle aches and pains, sleep issues, swelling, relaxation, and more.</li> </ul>	<ul style="list-style-type: none"> <li>• Very effective for hip, low back, rib, and round ligament pain</li> <li>• Gentle, effective treatment - no popping or cracking</li> <li>• Our labour prep schedule for optimal fetal positioning involves monthly appointments before week 28 (more often if you are in pain)</li> </ul>	<ul style="list-style-type: none"> <li>• Gentle, safe, effective treatment for common issues like nausea and fatigue</li> <li>• Consider appointments for support for a threatened miscarriage</li> <li>• Very effective for hormonal balancing</li> </ul>



Osteopathy	Psychotherapy	Naturopathy	Other Considerations
<ul style="list-style-type: none"><li>• Gentle, safe effective treatment for aches and pains</li><li>• Overall constitutional support</li><li>• Osteopaths look at the whole person - not just the area of concern</li><li>• Excellent for tight muscles, aches and pains, sleeping issues, and digestive issues</li></ul>	<ul style="list-style-type: none"><li>• Individual and couples counseling</li><li>• Talk therapy for peripartum mood disorders</li><li>• Helpful with parenting planning</li></ul>	<ul style="list-style-type: none"><li>• Give your baby the best possible start by optimizing your prenatal health</li><li>• Individualized nutrition/meal-planning</li><li>• Supportive care for nausea, heartburn, and fatigue</li><li>• Effective treatment for balancing your hormones</li><li>• Gestational diabetes management</li></ul>	<ul style="list-style-type: none"><li>• Join us for prenatal yoga</li><li>• Consider hiring a doula</li><li>• Think about taking a childbirth education class</li></ul>



## Prenatal Care 20-40 Weeks



Pelvic/Regular Physiotherapy	Registered Massage Therapy	Chiropractic	Acupuncture
<ul style="list-style-type: none"> <li>• Safe, gentle treatment for incontinence and painful sex</li> <li>• Labour Prep for an easier birth: treatments start at week 28-32</li> <li>• Treatment for hip, low back, and pelvic pain</li> <li>• Orthopedic physiotherapy for non-pelvic complaints</li> </ul>	<ul style="list-style-type: none"> <li>• Effective for relaxation and pain control</li> <li>• Lymphatic drainage for swelling</li> <li>• Continue monthly appointments throughout your pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Effective, gentle treatment for pubic bone, hip, low back, rib, and round ligament pain</li> <li>• Gentle, effective treatments for malpositioned babies (breech/transverse/posterior)</li> <li>• Labour prep treatments to prepare for an easier birth</li> </ul>	<ul style="list-style-type: none"> <li>• Cervical ripening for labour prep (starting after week 36)</li> <li>• Lymphatic drainage for swelling</li> <li>• Treatment for breech &amp; transverse positions</li> <li>• Natural induction treatment</li> </ul>



Osteopathy	Psychotherapy	Naturopathy	Other Considerations
<ul style="list-style-type: none"><li>• Overall holistic care for aches and pains</li><li>• Gentle treatment looks at the entire body - not just the area in question</li><li>• Excellent for tight muscles, aches and pains, sleeping issues, and digestive issues</li></ul>	<ul style="list-style-type: none"><li>• Individual and couples counseling</li><li>• Parenting planning</li><li>• Talk therapy for prenatal mood disorders</li></ul>	<ul style="list-style-type: none"><li>• Individualized nutrition/meal-planning</li><li>• Supportive care for nausea, heartburn, fatigue</li><li>• Effective treatment for hormone balancing</li><li>• Homeopathic induction protocols available</li></ul>	<ul style="list-style-type: none"><li>• Join us for prenatal yoga</li><li>• Your childbirth education class should finish around/before week 37</li><li>• Consider newborn care, breastfeeding, and Infant CPR classes</li><li>• Book your doula asap</li><li>• Compression stockings are available and may be covered by your insurance</li></ul>



# Postpartum Care 0-18m & Beyond



Pelvic/Regular Physiotherapy	Registered Massage Therapy	Chiropractic	Acupuncture
<ul style="list-style-type: none"> <li>• Treatments can begin at 6 weeks postpartum or anytime after that</li> <li>• Traditional Physio for all of your postpartum aches and pains</li> <li>• Treatment for Diastasis recti, prolapse, incontinence, leakage, painful sex, low back and hip pain</li> <li>• Necessary after vaginal births and c-sections</li> <li>• It's never too late to start - even if your kids are adults</li> </ul>	<ul style="list-style-type: none"> <li>• Effective for relaxation and pain control</li> <li>• Great for lymphatic drainage and swelling</li> <li>• Help with aches and pains after your return to work, or when your children are older</li> </ul>	<ul style="list-style-type: none"> <li>• Effective treatment for pelvic girdle, low back, shoulder pain, hip pain, wrist pain, etc.</li> <li>• Posture checks to ensure optimal recovery and return to activity postpartum</li> <li>• Ultrasound therapy for blocked milk ducts</li> <li>• Continued care throughout your lifetime, not just in the "immediate postpartum"</li> </ul>	<ul style="list-style-type: none"> <li>• Effective for breastfeeding issues such as low supply/ blocked ducts/mastitis</li> <li>• Effective for hormone, mood and sleep issues</li> <li>• Very effective for any swelling/lymphedema</li> <li>• Very effective for hormonal balancing</li> </ul>





Osteopathy	Psychotherapy	Naturopathy	Other Considerations
<ul style="list-style-type: none"><li>• Overall holistic care for aches and pains</li><li>• Excellent for tight muscles, aches and pains, sleeping issues, and digestive issues</li><li>• Help with aches and pains after your return to work, or when your children are older.</li></ul>	<ul style="list-style-type: none"><li>• Individual and couples counseling</li><li>• Effective talk therapy for postpartum mood disorders</li><li>• Assistance with new issues of self-identity as a mother</li><li>• Talk therapy for relationship and parenting challenges</li></ul>	<ul style="list-style-type: none"><li>• Continued nutritional and constitutional support</li><li>• Supportive care for postpartum mood issues/exhaustion</li><li>• Effective treatment for balancing your hormones</li><li>• Fertility planning for subsequent children</li></ul>	<ul style="list-style-type: none"><li>• Book your lactation consulting appointment immediately after baby is born - lactation consultants can even come to you!</li><li>• Consider a postpartum doula - they can help you manage the day-to-day with a new baby</li><li>• Join us for postpartum yoga/fitness classes</li><li>• Mom and baby classes - some are covered by insurance!</li></ul>



# Pediatric Care – From Birth Until Adulthood



<b>Pediatric Chiropractic</b>	<b>Pediatric Physiotherapy</b>	<b>Pediatric Occupational Therapy</b>	<b>Pediatric Osteopathy</b>	<b>Other Considerations</b>
<ul style="list-style-type: none"> <li>• Gentle treatment for tight muscles that may be related to latch and feeding issues as well as digestion and sleep issues</li> <li>• Milestone progression checks</li> <li>• Gentle treatment for flat head, torticollis, and movement disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies and therapy for babies who have sensory issues</li> <li>• Exercises and play for babies with motor development delay</li> <li>• Assessment and planning to meet all motor milestones and developmental targets</li> </ul>	<ul style="list-style-type: none"> <li>• Gentle treatment for flat head, torticollis, and movement disorders</li> <li>• Useful for developmental pattern checks and to assess motor milestones</li> <li>• Overall constitutional care for babies</li> <li>• Strategies for starting solids and sensory disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Gentle treatment for tight muscles that may be related to latch and feeding issues as well as digestion and sleep issues</li> <li>• Milestone progression checks</li> </ul>	<ul style="list-style-type: none"> <li>• Starting solids workshops are available</li> <li>• Lactation consultant visits for latch and other feeding issues</li> </ul>

## Prenatal and Postpartum Workshops and Classes

We offer an ever-growing assortment of useful and relevant classes for every part of your parenting journey. Visit our website for our full list of classes. Classes include:

- Prenatal & Mom-and-Baby Yoga
- Childbirth Education Classes
- Infant CPR & Family Safety
- Infant Sleep Classes
- Starting Solids
- Postpartum Fitness
- Pelvic Health Basics for Birth
- Mom and Baby Classes
- Breastfeeding 101 / Newborn Care

## Doula services

Whether it's to provide complete birth support, or to help with the transition to motherhood in the immediate postpartum, our doulas are here for you. Join us at one of our free monthly doula info night sessions to get more information, or call / email us to learn more.

*To book a doula or for more information please visit our website or email us at [community@westendmamas.ca](mailto:community@westendmamas.ca)*

## Lactation Support

We offer personalized prenatal breastfeeding instruction by experienced Internationally Board-Certified Lactation Consultants. We recommend a prenatal lactation consultant visit between weeks 36-40 in preparation for your baby's arrival. After your baby is born, we are your safe place to come to with any breastfeeding issues. Our IBCLC Lactation Consultants offer in-office, virtual, in-home, and in-hospital appointments.



*No matter where you are on your journey, we can help!*



Did you know we also offer:

**Child minding** may be available during appointments - call us to book this ahead of time. We care for babies from infants right up to school aged-kids.

**Direct insurance billing** We work with your insurance company, where possible, to have them pay us directly.

Book an appointment today!

[info@westendmamas.ca](mailto:info@westendmamas.ca) | [westendmamas.ca](http://westendmamas.ca)

Two locations to serve you:

Toronto: Jane & Bloor (416) 960-5656

Newmarket: Leslie, North Of Mulock (905) 427-1166



**WEST END MAMAS**

*total wellness for motherhood*