

## Resources:

### **Academic and executive function tutors**

#### **Stacy O'Neill**

Executive Function Expert  
Ironhill Educators  
<http://ironhilleducators.com>  
Weston, CT  
(203) 216-6167

#### **CT Neuropsychology Group**

(203) 221-2832  
191 Post Road West  
Westport, CT 06880

#### **Compass for Families**

<https://www.compassforfamilies.com>  
[compassforfamilies@gmail.com](mailto:compassforfamilies@gmail.com)  
Westport, CT  
(415) 952-7186

- Social Skills Groups focusing on Social Emotional Learning
- Study Skills Work focusing on Executive Functioning

#### **Children's Therapy and Learning Center**

Stefanie Saad Seanor, OTR/L  
(203) 908-4433  
2228 Black Rock Turnpike, Suite 201  
Fairfield, CT 06825  
\*in-network with many insurance carriers including HUSKY

#### **Gemm Learning Center**

Online learning with remote support for auditory processing, dyslexia,  
reading/learning/attentional issues  
<https://www.gemmlearning.com>  
(877) 914-4366

**The Southfield Center for Development**

<https://southfieldcenter.com>

Offering testing, therapy, psychiatric/medication management, tutoring, speech & language services and occupational/physical therapy for a wide range of issues including ADHD, LD, ASD, sensory integration dysfunction and speech/language issues.

85 Old Kings Highway North  
Darien, CT 06820  
(203) 202-7654

396 Danbury Road  
Wilton, CT

\*Sensory gym/therapy on site (Sensory-Kids)

**[Pathways to Success virtual coaching](#)**

Run by Cindy Goldrich, Ed.M., ADHD-CCSP, parent/teacher consultant and executive function specialist and author of [8 Keys to Parenting Children with ADHD](#). PTS services include online ADHD and Executive Function Coaching, Education, and Support for Parents, Teachers, and Students.

# **Behavioral Health Testing and Diagnosis (Autism, Learning Disabilities, ADHD...)**

## **Stacey Aronson PhD**

Pediatric Neuropsychologist

Testing for attentional, emotional, social or learning disorders

181 Post Road West

Westport, CT 06880

(203) 454-5555

[stacey@staceyaronsonphd.com](mailto:stacey@staceyaronsonphd.com)

## **Amy Schwartz Psy.D.**

Pediatric Neuropsychologist

Neuropsychology evaluations for language difficulties, processing weakness, nonverbal learning disabilities, reading problems/dyslexia, academic issues, autism spectrum disorder, emotional and psychiatric difficulties, executive functioning deficits and ADHD.

181 Post Road

Westport, CT 06880

(917) 532-3633

## **Caley Schwartz, PhD**

Pediatric psychologist, therapy and assessment for young children through young adults. Specializes in ASD and Adoption Medicine.

137 Ethan Allen Highway Suite 1

Ridgefield, CT

(203)544-9560

## **Rosalie Greenbaum, Ph.D.**

Specializes in Pervasive Developmental Disorders, offering comprehensive evaluations

New Canaan, CT

(203) 972-6889

## **Autism Strategies and Programs**

35 Abbott Avenue, Ridgefield, CT 06877

(203) 258 0424

[www.autismspeaks.org/resource/autism-strategies-and-programs-llc](http://www.autismspeaks.org/resource/autism-strategies-and-programs-llc)

### **Birth to Three Program**

Birth to Three is a State of Connecticut program that aims to strengthen the capacity of families to meet the developmental and health-related needs of their infants and toddlers who have delays or disabilities. Children under the age of three who live in Connecticut are eligible for the Birth to Three System when they either: are experiencing a significant developmental delay, or have a diagnosed physical or mental condition with a high probability of resulting in a developmental delay.

460 Capitol Avenue  
Hartford, Connecticut 06106  
1 (800) 505-7000

<http://www.birth23.org/>

In the Southern Fairfield Region services for children on the spectrum are now consolidated through Rehab Associates:  
[www.rehabtherapies.com](http://www.rehabtherapies.com)

728 Post Road East  
Westport, CT 06880  
(203) 341-0488

Fairfield Office  
1931 Black Rock Tpk.  
Fairfield, CT 06825  
(203) 384-8681

### **Springtide Child Development**

Interdisciplinary autism center with range of services including diagnosis, ABA therapy, occupational therapy, speech therapy.

(888) 260-1609

[hello@myspringtide.com](mailto:hello@myspringtide.com)

[myspringtide.com](http://myspringtide.com)

**\*takes insurance including Husky**

### **Center for Special Needs**

Behavioral Treatment and Assessment of Pervasive Developmental Disorders

Michael Powers, Psy.D.

Glastonbury, CT

(860) 430-1762

### **Center for Speech and Learning**

Providing speech, occupational and family therapy. Insurance accepted.

801 Edgewood Ave., Rear

New Haven, CT 06515

(203)397-3224

<http://www.speech-therapy-products.com>

### **Chapel Haven**

Independent Living Skills for adults with Developmental Disabilities  
(203) 397-1714

### **The Child Guidance Center of Southern Ct, Inc.**

Offers developmental evaluations, support groups for parents of developmentally delayed/autistic children; accepts insurance  
Stamford, Ct 06902  
(203) 324-6127  
<http://www.childguidancect.org/>

### **Connecticut Autism Spectrum Resource Center**

A non-profit organization founded in the year 2000 that hopes to provide for all parents and professionals the most recent information and research to help them understand the barriers and challenges people with autistic spectrum disorders face in everyday life by sponsoring professional development sessions for parents, school personnel, community providers and other professionals working with his population and by expanding support throughout the State of Connecticut, and to encourage the development of resources.

1978 Whitney Ave  
Hamden, CT  
(203) 248-5222

<http://www.ct-asrc.org>

### **Connecticut Center For Developmental Pediatrics**

215 Main Street, 4th Floor  
Westport, CT 06880  
(203) 220-6764

<https://www.ctdevpeds.com>

Treatment and evaluation of:

- Autism Spectrum Disorder, ADHD, Anxiety and other social emotional issues, Developmental Delay particularly due to underlying genetic problems or prematurity, Intellectual Disability, Problems with sleep, toileting and feeding, Fetal Alcohol Spectrum Disorder, Issues related to adoption and foster care, Enuresis and encopresis, Developmental follow-up of preterm infants, children with complex congenital heart disease

In addition to comprehensive evaluations, they provide:

Psychopharmacological management, Ongoing follow-up and case management, Parent Education particularly around positive parenting and managing challenging

behaviors, Advocacy, Functional behavioral assessment (FBA), Functional analysis, Behavior Intervention Plans (BIP), Curriculum-based assessment, Classroom management strategies, Inclusion strategies for students, Mindful breathing and relaxation, Executive functioning support.

### **Connecticut Children's at Norwalk Pediatric Development Center**

Provides offer specialized outpatient services to diagnose and treat children with developmental, behavioral and physical conditions.

761 Main Ave

Norwalk, CT 06856

(860) 545-9000

<https://www.connecticutchildrens.org/about-us/locations/norwalk-hospital-pediatric-development-therapy-center/>

### **Connecticut Neuropsychology Group, LLC**

Educational testing, Intellectual Assessments, ADHD and Concussion Evaluations

245 Main Street

Westport, CT 06880

Laura Gutman, Psy.D.

(203) 682-0199

Kristi Sacco, Psy.D. (203) 682-0266

**Connecticut Parent Advocacy Center, Inc. (CPAC)**  
A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 21. They can help you with: understanding special education laws, identifying your child's educational needs, communicating more effectively with professionals, and participating in the educational decision making process.

338 Main Street

Niantic, CT 06357

(860) 739-3089 (V/TDD)

1 (800) 445-CPAC

<http://www.cpacinc.org>

### **Connect to Talk**

Center and home based provider for speech and language services, occupational therapy, motor/sensory and behavioral difficulties and social skills training. ABA services including functional behavioral assessments, parent/caregiver training, school shadows, respite services, and IEP/PPT consultations.

6 Hollyhock Road

Wilton, CT

(203) 210-7124

1011 High Ridge Road

Stamford, CT

(203) 200-7256  
www.connec-to-talk.com

**CT FEAT, Inc**

Provides information and resources that enable parents to evaluate and compare the effectiveness of current treatment approaches. 24 hour hotline, internet discussion list, web site.

P.O. Box 388  
Ellington, CT 06029-0388  
(860) 571-3888  
[ctfeat@ctfeat.org](mailto:ctfeat@ctfeat.org)  
<http://www.ctfeat.org>

**The Southport School** (previously Eagle Hill School)

<https://www.southportschool.org>  
K through 8 school for students with language based learning differences such as dyslexia and ADHD.  
214 Main Street  
Southport, CT 06890  
(203) 254-2044

**Foundation School** (school for special needs)

719 Derby-Milford Road  
Orange, CT 06477  
(203) 795-6075

**Franklin Academy**

Franklin Academy provides students with nonverbal learning differences the academic and social skills to become life-long learners, to pursue college and career goals, and to enjoy fulfilling lives. Located on a 25-acre campus, Franklin Academy is a private, non-profit, coeducational boarding and day school that educates children with nonverbal learning disabilities in a safe and supportive environment. The Board of Trustees, the administration, and the faculty are committed to offering each student attending Franklin Academy a personalized curriculum designed to develop and enhance academic and social skills.

106 River Road  
East Haddam, CT 06423  
(860) 873-2700  
(860) 873-8861  
[admission@fa-ct.org](mailto:admission@fa-ct.org)  
<http://www.fa-ct.org/>

**McCarton Center**

The McCarton Center for Developmental Pediatrics is a multidisciplinary center dedicated to

assessment, diagnosis and treatment of children with developmental disabilities and special needs. The McCarton Center was founded in 1998 by Cecelia McCarton, MD, a leading expert in developmental pediatrics and Clinical Professor of Pediatrics at the Albert Einstein College of Medicine. Based on its Integrated Education Model, the McCarton Center provides not only assessment and diagnoses, but also an individual development plan for each child. This may combine a variety of therapies including aspects of speech and language therapy, sensory integration therapy, socialization with peers, developmental play skills and applied behavior analysis (ABA) therapy.

350 East 82nd Street

New York, NY 10028

Phone: (212) 996-9019

Fax: (212) 996-9047

<http://www.mccartoncenter.com>

Email: [ahogan@mccartoncenter.com](mailto:ahogan@mccartoncenter.com)

### **Sasco River Center**

<https://sascoriver.com>

Offering testing, therapy, psychiatric/medication management, tutoring, speech & language services and occupational/physical therapy for a wide range of issues including ADHD, LD, ASD, sensory integration dysfunction and speech/language issues.

85 Old Kings Highway North

Darien, CT 06820

(203) 202-7654

396 Danbury Road

Wilton, CT

\*Sensory gym/therapy on site (Sensory-Kids)

### **Yale Psychological Assessment Service**

The Yale Child Study Center Psychological Assessment Service has a long history of providing a broad range of testing services to school-age children and youth throughout Connecticut. Common referrals include: IQ testing, giftedness testing, educational testing for learning disabilities, neuropsychological testing of executive functioning, memory, and attention, second opinions, and assessment of personality and behavioral functioning. We provide comprehensive evaluations for elementary, middle school and high school age children.

Yale Child Study Center

230 S. Frontage Road

New Haven, CT 06520

(203) 785-6227

(203) 785-7400 (fax)

<http://childstudycenter.yale.edu/assessment/index.aspx>



**Where to find an accredited ABA (Applied Behavior Analysis) therapist:**  
**<http://www.bacb.com>**

## **Bike Helmets**

[Bike Helmet](#) Important facts about bike helmets.

[Fit A Helmet Fact Sheet](#) Tips to make sure your child's helmet fits appropriately.

## **CPR**

**Julia Braden**, a Weston EMT, offers CPR classes. To set up a class contact her via email at [jwbraden@optonline.net](mailto:jwbraden@optonline.net).

The **Town of Westport** offers CPR classes for free to Westport residents and town employees. These classes can be taken for a fee by non-residents. For more information, please consult the town EMS website: [www.westportems.org](http://www.westportems.org) or call them at (203) 341-6030

### **Red Cross**

Find a class online: [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class)

## **Dentists**

### **The American Academy of Pediatric Dentistry**

<http://www.aapd.org>

a wide variety of pediatric dental topics from first teeth to braces

### **American Dental Association**

<http://www.aapd.org>

### **Kids First Dentistry (and orthodontics)**

<https://www.kidsfirstdentistry.com/>

(203) 307-1550

493 Westport Ave

Norwalk, CT 06851

1478 Post Road

Fairfield, CT 06824

### **Sasco Pediatric Dentistry**

Dr Michelle Neves

1 Sasco Hill Road

Fairfield, CT 06824

(475) 243-7170

<https://www.sascopediatricdentistry.com>

### **Westport Pediatric Dentistry**

Dr. Gordon Lee

<http://www.zerocavityzone.com/meet-dr-lee>

(203) 226-5500

305 Post Road East

Westport, CT 06880

### **Westport Dental Associates**

Dr Rachel Rhee, pediatric dentists

323 Riverside Avenue

Westport, CT 06880

(203) 227-3709

## **Department of Health:**

**Weston/Westport:** <http://wwhd.org>

Has a traveler's and travel vaccine clinic

180 Bayberry Lane

Westport, CT 06880

8:30 am-4:30 pm Monday- Friday

(203) 227-9571

**Norwalk:** <https://www.norwalkct.org/676/Health>

**Fairfield:** <https://fairfieldct.org/health>

**Wilton:** <http://www.wiltonct.org/departments/health/health.html>

## **Doulas/Baby Nurses**

[Tiny Miracles Recommended Baby Nurses](#) (The Tiny Miracles Foundation (TTMF) is a nonprofit charity based in Fairfield County, Connecticut dedicated to helping families with premature babies.)

Many of these nurses are NICU trained, and have experience with premature infants, those with special needs, and multiples. Some doula recommendations as well.

<http://greenbabynurses.com>

Green baby nurses offers caregivers for newborns, children and new mothers for both day and overnight care.

<https://motherscaredoula.com>- providing support during labor, daytime or overnight care (Doulas typically care for both mother and child, particularly helpful for a breastfeeding mother or busy household.)

## **Eating disorders**

### **Nutritionists Specializing in Eating Disorders:**

#### **Megan Fahey RD**

Specializing in Eating Disorders

Home visits

[Meganfaheyrd.com](http://Meganfaheyrd.com)

[info@meganfaheyrd.com](mailto:info@meganfaheyrd.com)

(203) 350-2653

#### **Suzanne Henricks**

9 Berkeley Street

Norwalk, Connecticut 06850

(203) 403-2877

#### **Caroline (Markowitz) Driesman, MS, RDN, CDN**

Specializes in nutrition in athletes and disorder eating

<https://www.borntocrunch.com/about>

**Nicole Ferri** (nutritionist, Greenwich) 203-815-2775

**Jane Wynn** (nutritionist, including ARFID) 203-978-3558

**Rena Bruckman** (nutritionist, Ridgefield) 203-885-7952

#### **Suzanne Shapiro, PhD, MS, RD**

7 Glenville Road, Ste 203

Greenwich, CT

(203) 434-0595

### **Mental Health Providers Specializing in Eating Disorders:**

#### **Marcie B Schneider, MD**

Greenwich Adolescent Medicine

239 Glenville Road

Greenwich, CT 06831

(203) 532-1919

#### **Cindy James PhD**

181 Post Road  
Westport, CT 06880  
(203) 227-5239

**Mary Dobson LMFT, CEDS**

LIFT Wellness Group  
(561) 264-5409

**Erica Adler LCSW**

(203) 246-7615  
hellonorthstarwellness@gmail.com  
<https://northstarwellness.clientsecure.me/#services>

**Betsy Shah** (therapist, Westport) 888-745-3372

**Debbie Chrabolowski** (therapist, Ridgefield) 203-807-6668

**Outpatient Centers:**

**The Renfrew Center**

1025 Westchester Avenue  
Suite 210  
White Plains, NY 10604  
1 (800) 736-3739

<https://renfrewcenter.com/locations/white-plains-ny/>

**Walden Center** (Middletown) 888-305-2997

**Inpatient Centers:**

The Outlook at Westchester- NY Presbyterian/Cornell

21 Bloomingdale Road  
White Plains, NY 10605

Ages 13+

(888) 694-5700

<https://psychiatry.weill.cornell.edu/eating-disorders-program-outlook-westchester>

**Cambridge Eating Disorder Centers**



3 Bow Street  
Cambridge, MA 02138  
(888) 900-2332

105 Loudon Rd, Building #2  
Concord, NH 03301  
(603) 715-5150

info@cedcmail.com  
<https://www.eatingdisordercenter.org>

## **Grief and Bereavement**

### **Adam's House**

<https://www.adamshousect.org>

Grief education and peer support for children struggling with loss. Free programming.

(203) 513-2808

241 Coram Avenue

Shelton, CT 06484

### **The Dougy Center**

The National Center for Grieving Children and Families

<https://www.dougy.org>

[help@dougy.org](mailto:help@dougy.org)

(503) 775-5683

### **The Compassionate Friends**

<https://www.compassionatefriends.org>

Online and in-person support for families grieving the loss of a child.

32 Strawberry Hill Court

Stamford, CT 06902

(203) 326-0020

2283 Main Street

Stratford, CT 06615

(475) 882-9695

## Hospitals

If a member of your family requires an ER visit or hospitalization, we recommend the following hospitals. Unless you feel your child is in urgent/emergent need of care (call 911), please contact the physician on call (via the office phone) for a recommendation:

**Stamford Hospital** (has a pediatric ER)

One Hospital Plaza  
Stamford, CT 06904  
PH: 203-276-1000

**Bridgeport Hospital** (part of the Yale system, has a pediatric ER)

267 Grant Street  
Bridgeport, CT 06610  
(203) 384-3000

**Yale New Haven Children's Hospital** (valet parking)

1 Park Street  
New Haven, CT 06510  
(203) 688-4242

**Norwalk Hospital** \*note they no longer have a pediatric floor, thus must be transferred if your child needs inpatient care

34 Maple Street  
Norwalk, CT 06850  
PH: 203-852-2000

While our physicians have privileges at Norwalk Hospital and Stamford Hospital, this does not limit us from referring to the many other excellent pediatric services in the area.

We will often admit patients to Bridgeport Hospital, Yale-New Haven, Maria Fareri

in Valhalla, and other pediatric hospitals in NYC. All of these institutions now utilize pediatric hospitalists, who are specially trained pediatricians who are present in the hospital full-time.

We prefer to have our patients managed by such hospitalists, as they are in the best position to manage care on-site for acutely ill children.

We do, however, expect the hospitalists to maintain regular contact with us and we are always available to answer questions you might have about your hospitalized child.

## **Lactation Support**

### **Lactation Services of Westport**

**Dana Czuczka, MPH, IBCLC**

Offers lactation services at Saugatuck Pediatrics, along with prenatal breastfeeding and back-to-work counseling.

(917) 692-3563

### **Milk Street Lactation**

Beth Iovinelli, BSN, RN, IBCLC

21 First Street #7

Norwalk, CT 06855

info@milkstreetlactation.com

<https://www.milkstreetlactation.com>

### **Norwalk Hospital Lactation Support offers:**

- Prenatal breastfeeding classes
- Breastfeeding classes offered during your hospital stay
- In-hospital bedside breastfeeding support and consultation
- "Help Line" for questions after you have been discharged from the hospital
- Outpatient consults with a certified lactation consultant
- 4th Trimester weekly support group, held Fridays at noon
- Instructions and demonstrations on the use of breast pumps

Call (203) 852-2323 with questions

### **Stamford Hospital offers:**

- Daily rounds of all new mothers
- Breastfeeding classes on the unit
- Expert consultation for nursing problems, including for NICU babies
- Pump rental
- New Mother's Support Group
- Free post-discharge consultation

[Contact them](#) at (203) 276-1000

**Yale-New Haven Hospital's Childbirth Education Center** offers:

- Parenting and Childbirth Classes
- Breastfeeding Resources and Supplies

300 George Street, Room 138, New Haven, CT  
(203) 688-9355

## **Lice Treatment**

Please read our article on [LICE TREATMENT \(INSERT LINK HERE\)](#) prior to contacting any lice removal companies. Lice treatment centers can help remove lice and nits without use of medicated shampoos, but can be costly. Please beware of the products they may market for prevention and treatment of lice. Most of these products are not formally tested or approved. At best, they have minimal to no activity against lice and nits, at worst, they can cause skin and scalp irritation and burns. Keeping hair short or in a close to the head hairstyle, and avoiding sharing hats and clothing is the best way to prevent lice.

### **The Hair Genies**

(203) 822-7400

[thehairgenies@gmail.com](mailto:thehairgenies@gmail.com)

[www.thehairgenies.com](http://www.thehairgenies.com)

### **Hair Fairies**

(877) 285-0069

[www.hairfairies.com](http://www.hairfairies.com)

## **LGBTQI**

### **Circle Care Center**

618 West Avenue, Norwalk, CT 06850

Phone: (203) 852-9525 | Website: [www.circlecarecenter.org](http://www.circlecarecenter.org)

Circle Care Center is a primary care practice in Southern Connecticut specializing in sexual health, LGBTQ health, as well as HIV, PrEP, Hepatitis C and STI testing and treatment. We are conveniently located at 618 West Ave., Norwalk, CT 06850 along with an onsite pharmacy. Call us today at 203-852-9525.

**Triangle Community Center (TCC)** is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ community.

TCC is home to more than two dozen, free groups that meet weekly, bi-weekly or monthly at the center. Groups include peer support, recovery, older adult daytime programming, crafts, sober social events and youth groups. TCC's team of highly trained client advocates assist community members with social service navigation, food, drop-in services, document updates, healthcare navigation and housing navigation at its Drop-In Center in Norwalk and at its satellite office at the Center for Family Justice in Bridgeport.



## **Media**

[NetsMartz](#) Important Internet safety topics such as cyberbullying, sexting, social networking and other online risks.

[CommonSenseMedia](#) An independent, non-profit organization that provides extensive information on media and digital activities for children, including ratings of a variety of media (movies, apps, television, etc.)

## **Mohels**

Dr. Dorothy Greenbaum (Pediatrician)- 800-600-3022

Dr. Barry Meisel- 914- 659-5127

Phil Sherman- 212- 595-0132

Dr. Jennifer Novick (Pediatrician)- 978-595-2748

Dr. Emily Blake (Obstetrician)- 917- 405-0696

Dr. Jeffrey Gorelick (Urologist) 203- 240-1878

## **Newborn Support**

### **The Tiny Miracles Foundation**

A nonprofit organization providing support, information, services and supplies to families with premature babies. Volunteers visit hospitals throughout Fairfield and New Haven counties, as well as providing out of hospital support.

(203) 202-9714

<https://ttmf.org>

### **The Parent Collective**

Pre and post-natal support groups for new parents.

<https://www.theparentcollective.com>

## **Parenting Support**

**CTParenting.com** is a service of the Connecticut Department of Children and Families: [ctparenting.com](http://ctparenting.com)

**Connecticut Parenting Education Network** [www.ctpen.org](http://www.ctpen.org)

**[Aha! Parenting](#)** Helps parents create a more peaceful home--and happy, responsible, considerate kids

**[PBS Parents](#)** Information on child development and early learning

### **The Parent Collective**

Pre and post-natal support groups for new parents.

<https://www.theparentcollective.com>



## **Weight Loss Pediatric Programs**

**Yale Pediatric Weight Solutions Program**

<https://www.yalemedicine.org/departments/pediatric-weight-solutions-program/>

**Connecticut Children's Medical Center- The Pediatric Obesity Center**

<https://www.connecticutchildrens.org/search-specialties/obesity-weight-management/>

## **Nutritionists**

### **Abby Greenspun Nutrition**

840 Post Road East  
Westport, Connecticut 06880  
[\(203\) 403-2863](tel:2034032863)

### **Megan Fahey RD**

Specializing in Eating Disorders  
Home visits  
Meganfaheyrd.com  
[info@meganfaheyrd.com](mailto:info@meganfaheyrd.com)  
(203) 350-2653

### **Katie Andrews MS, RDN, CDN**

Wellness by Katie- individualized counselling for children and adults, cooking demos, group seminars, baby led weaning instruction  
<https://www.wellnessbykatie.com>  
Westport, CT  
(646) 549-7014

### **Ilaria StFlorian, MS, RD, CSP**

Stamford Health-Cohen Children's Specialty Center  
32 Strawberry Hill Court Suite 7  
203-276-4061  
Manages KIDS' FANS (Fitness and Nutrition Services) program ages 3-18

### **Suzanne Henricks**

Specializes in eating disorders  
9 Berkeley Street  
Norwalk, Connecticut 06850  
[\(203\) 403-2877](tel:2034032877)

### **Heather Bauer, RD**

21 Bridge Square  
Westport, CT 06880  
(203) 571-3377

hb@heatherbauer.com  
heatherbauer.com

**Suzanne Shapiro, PhD, MS, RD**

Specializes in eating disorders  
7 Glenville Road, Ste 203  
Greenwich, CT  
(203) 434-0595

**Malina Malkani, MS, RDN, CDN**

Specializing in pediatrics, picky eating, baby-led weaning, starting solids, toddler school age and teen nutrition  
Book virtual sessions [here](#)  
Learn more about my telehealth practice [here](#)  
Solve picky eating [here](#)  
Check out my new book, [Simple & Safe Baby-Led Weaning](#)  
Access free and for-fee nutrition resources on my [blog](#) and Instagram account [@healthy.mom.healthy.kids](#)  
[info@malinamalkani.com](mailto:info@malinamalkani.com)  
Cell: 917-533-1177

**Jill Castle, MS, RDN, CDN**

Child Nutritionist  
New Canaan  
[Jill@jillcastle.com](mailto:Jill@jillcastle.com)  
(615) 943-1960  
<https://jillcastle.com/about-jill/>

**Additional Nutrition Resources:**

[Eat Right for Kids](#) Academy of Nutrition and Dietetics

[Bam! Body and Mind](#) Bam! Body and mind is designed for kids 9-12 to tell you everything you need to know for all the stuff that matters.

[AAP HALF Program](#) Healthy Active Living for Families AKA the HALF Project is an interactive tool for parents that provides age-appropriate advice on healthy



eating, active play and parenting.

[Let's Move!](#) Program begun by First Lady Michelle Obama with strategies to help improve children's health through nutrition and physical activity.

## **Occupational/Physical Therapy**

### **Goal Physical Therapy**

Physical therapy, Health and Wellness, and Performance Therapy (strengthening and conditioning) for pediatric and adult athletes.

<https://www.goaldrivenpt.com>

[429 Post Rd E](#)

[Westport, CT, 06880](#)

(203) 429-4725

[info@goaldrivenpt.com](mailto:info@goaldrivenpt.com)

Mon- Fri: 6a-8p

Saturday: 7a-12p

### **Angelfish Therapy**

Angelfish Therapy offers Pediatric Aquatic Therapy, Swim lessons, and Summer Camps for children with special needs. We work with children with a variety of diagnoses such as Autism Spectrum Disorder, Sensory Processing Disorders, Pervasive Developmental Disorder, Rett Syndrome, Down Syndrome, Cerebral Palsy, or any condition that affects sensory or neurological function, motor coordination, or core strength.

Locations in Danbury, Greenwich, Norwalk, Stamford, Westport and Wilton

Ailene Tisser, owner: (203) 969-6431 or [Ailene@AngelfishTherapy.com](mailto:Ailene@AngelfishTherapy.com)

<http://angelfishtherapy.com/pool-locations/>

### **Spark Pediatric OT**

Robin Hellmann, MA, OTR/L

Westport

917-692-9805

### **OT Works for Kids**

Occupational Therapy

Terri Epstein OTR/L

444 Westport Ave 2<sup>nd</sup> floor

Norwalk, CT 06851

203-847-5200

[otworksforkids@aol.com](mailto:otworksforkids@aol.com)

**Sasco River Center**

<https://sascoriver.com>

Offering testing, therapy, psychiatric/medication management, tutoring, speech & language services and occupational/physical therapy for a wide range of issues including ADHD, LD, ASD, sensory integration dysfunction and speech/language issues.

85 Old Kings Highway North  
Darien, CT 06820  
(203) 202-7654

396 Danbury Road  
Wilton, CT

\*Sensory gym/therapy on site (Sensory-Kids)

**The Center for Pediatric Therapy**

<http://centerforpediatrictherapy.com>

455 Post Road Suite 202  
Darien, CT 06820  
(203) 424-2584

55 Walls Drive Suite 204  
Fairfield, CT 06824  
(203) 255-3669

**Children's Therapy and Learning Center**

Stefanie Saad Seanor, OTR/L  
(203) 908-4433

2228 Black Rock Turnpike, Suite 201  
Fairfield, CT 06825

\*in-network with many insurance carriers including HUSKY

**Ophtalmology (Pediatric)**

**Drs. Bacal/Galvin**

215 Main Street Westport, CT 06880  
203-226-1234  
Shelton (203)944-0464  
Milford – 203- 878-1236 (accepts husky)

**Dr. William Potter**

2046 W Main St, Stamford, CT 06902  
203-869-3082

**Dr. Andrew Wolf**

1351 Washington Blvd #101, Stamford, CT 06902  
203-327-5808

**Drs. Lederman & Lederman**

32 Strawberry Hill Ct. Stamford, CT 06902  
914-417-6441

**Dr. Wendy Klein**

Yale/Trumbull  
160 Hawley Ln #107, Trumbull, CT 06611  
203-378-3224 (accepts husky)

**Dr. Emily Ceisler**

general optho, strabismus specialist  
New York City and White Plains  
212- 981-9800

The Eye Care Group

**Dr. Tara Cronin**

Orange  
203-597-9100

**Dr. Mark Steckel**

140 Sherman St, Farifield, CT 06824  
203-256-1320

## **Orthopedic Clinics**

Please check online or call to confirm hours of operation prior to going

### **Pediatric Orthopedics/Sports Medicine CCMC**

Walk-ins Monday-Friday 8 am-4:30 pm

191 Post Road West

Westport, CT 06880

### **Stamford HSS (Hospital for Special Surgery)**

Appointments available by calling 833.477.7100 Mon-Fri 8:30 am- 5 pm or book

online via the website: [https://www.hss.edu/hss-](https://www.hss.edu/hss-stamford.asp?utm_source=Yext&utm_medium=WebsiteLink)

[stamford.asp?utm\\_source=Yext&utm\\_medium=WebsiteLink](https://www.hss.edu/hss-stamford.asp?utm_source=Yext&utm_medium=WebsiteLink)

Chelsea Piers CT

1 Blachley Road

Stamford, CT 06902

(203) 705-2400

## **Coastal Orthopedics**

<https://coastal.myorthoct.com/orthocare-express>

323 Riverside Ave.

Westport, CT 06880

Walk ins **Mon - Fri**: 8 am – 4:30 pm

[203.845.2070](tel:203.845.2070)

761 Main Ave, Suite 115

F Entrance, iPark

Norwalk, Connecticut 06851

Walk ins **Mon - Thu**: 8:00 am - 7:00 pm

**Fri**: 8:00 am - 4:30 pm

**Sat & Sun**: 9:00 am - 2:00 pm

[203.845.2070](tel:203.845.2070)

**OSMstat Orthopedic Urgent Care**

<https://www.ct-ortho.com/services/urgent-care-walk-in-orthopedic-urgent-care-ct/>

**Trumbull Office**

Mon-Fri 1-7 pm

Sat 9am-1 pm

Sun 9 am- 4 pm

888 White Plains Road

Trumbull, CT 06611

Phone: [203-489-6086](tel:203-489-6086)

**Westport Office**

Mon-Fri 1-5 pm

1800 Post Road East

Westport, CT 06880

Phone: [203-489-6086](tel:203-489-6086)

# Playgroups/Newcomers Clubs

**Neighbors and Newcomers of Westport:**

<https://www.nnwestport.org>

**Weston Newcomers and Neighbors club:**

<https://www.westonsocialclub.org>

**Fairfield Newcomers Club**

<https://www.connectfairfield.com/fairfield-newcomers>

**Wilton Newcomers Facebook Page:**

<https://www.facebook.com/groups/799429974312747/>

## **Poison control**

**Available 24/7, interpreters available**

1-800-222-1222

**<https://triage.webpoisoncontrol.org>**



## **Post-Partum Depression Resources**

- Postpartum Support International Helpline: 1-800-944-4773
- National Suicide Prevention Lifeline: 1-800-273-8255
- Suicide Prevention Hotline: 1-800-SUICIDE
- National Postpartum Depression Hotline: 1-800-PPD-MOMS

### **Center for Postpartum Support**

Pamela Allon, MA, LMFT

[Center.pps@gmail.com](mailto:Center.pps@gmail.com)

<http://www.centerforpostpartumsupport.com/>

250 Post Road East, Suite 202

Westport, CT 06880

(203) 246-0748

### **Jackie Small, LPC**

PostPartum anxiety and depression; individual therapy, breastfeeding support groups, prepartum workshops

1555 Post Road East, Suite 207

Westport, CT 06880

(203) 677-0891

[jackie@jackiesmallpc.com](mailto:jackie@jackiesmallpc.com)

[jackiesmallpc.com](http://jackiesmallpc.com)

### **Dr Melissa Wunsch**

(203) 341-8880

### **Solimar Santiago-Warner, LCSW, PMH-C**

Specilaizes in maternal mental health with a focus on loss, grief and trauma, post-partum anxiety and depression.

[solimartherapy@gmail.com](mailto:solimartherapy@gmail.com)

(914) 340-3593

<https://solmaternatherapy.com/>

[Hartford Healthcare Women's Health Services](#) Peripartum Mood Disorders Program

- The [Peripartum Mood Disorders Program](#) at The Institute of Living is for mothers or fathers in need of support- call [860.545.7104](#) for help.

[Postpartum Support International- CT Chapter](#)

Text or call PSI-CT Support Coordinators to receive information about support groups and providers in your area of Connecticut:  
(800) 944-4773

[Yale Center for Well Being for Women and Mothers:](#) The MOMba project seeks to improve mothers' social support, promote healthy mother-baby interaction, and increase social connectedness and community engagement through a social media application.

[Hope After Loss:](#) Hope After Loss supports parents and families who have experienced the loss of their baby during pregnancy or anytime during the infant's life. The organization offers many levels of support including support groups and burial financial assistance.

[MotherToBaby Connecticut:](#) MotherToBaby is a free consultation service for providers and families searching for the most current reproductive data on any substance or exposure prior to or during pregnancy and/or breastfeeding.

## Racism

These Books/Websites/Articles Can Help You Explain Racism and Protest to Your Children

As providers of healthcare for children, we recognize the profound and long-term impact racism has on the health and well-being of children, families and communities. **We must teach children of every age that people are treated differently based on the color of their skin, and where they live, and that everyone can be an ally in dismantling racism in our country and beyond.**

These are conversations that some families (Black, Indigenous, and People of Color) have had to have for generations, but may not have been a topic of discussion in your house yet. We encourage all our VP parents and children to learn meaningful and peaceful ways to show solidarity and stand against racism and hate in all its forms by using some of the resources below. Model how to make a difference- speak up, educate yourself, advocate for change, support public actions, admit to your own biases and how you are working to change them, and talk about how you might respond to others who may be different.

[PBS: How to Talk Honestly with Children about Racism](#) (with many links/books for younger children)

[The Center for Racial Justice](#)

[Anti-Racist Parenting- Recommended Resources for White Families](#) (from Corlearsschool.org)

[EmbraceRace](#) (raising a brave generation)

[AAP: Talking to Children About Racial Bias](#)

[Anti-Racism Resources for White People](#)

(From Children's Mercy Hospital in Kansas City)

[Anti-Racism Books for Kids- The New York Times](#)

[Antiracist Baby Board Book](#)- by Dr Ibram X. Kendi, *Antiracist Baby* introduces the youngest readers and the grown-ups in their lives to the concept and power of antiracism by providing the language necessary to begin critical conversations at the earliest age.

**Thank you for working with us to make this a better world for ALL our children.**

## **Sleep coaches**

### **Alison Bevan**

Pediatric Sleep Consultant

Happiest Baby Educator

Gentle Sleep Coach

(203) 952-1360

[alison@sleepytimecoach.com](mailto:alison@sleepytimecoach.com)

[www.sleepytimecoach.com](http://www.sleepytimecoach.com)

### **Lynelle Schneeberg, PsyD**

Director of Behavioral Sleep Medicine Program

Connecticut Children's Sleep Center

[LSchneeberg@connecticutchildrens.org](mailto:LSchneeberg@connecticutchildrens.org)

(860) 837-6643

### **Paige Panda**

Dream Train

203-585-9980

### **Corey Cenatiempo**

Dreamweaver

203-816-5032

### **Lindsay Zavesky**

Good Morning Sunshine

203-948-5777

## **Speech, language and feeding**

### **The Gift of Gab**

Lisa Cloherty MS, CCC-SLP

[www.gift-of-gab.com](http://www.gift-of-gab.com)

(203) 887-0176

### **Josephine Chen**

Center for Speech and Language Pathology

5 Mott Avenue

Norwalk, CT 06850

(203) 857-0900

Speech, voice, stuttering, language and communication, feeding, swallowing therapies

<http://www.speechtherapyct.com>

### **Seedlings Therapy**

Pediatric oral motor, feeding, speech and language services provided in home  
<https://seedlingstherapy.org>

### **Jessica Andersen, Speech/Language Pathologist**

Feeding therapy  
Greenwich Hospital  
(203) 863-3240

### **Alphabet Soup**

Pediatric oral motor, feeding, speech and language services  
83 East Avenue, Suite 313  
Norwalk, CT 06851  
(203) 854-9845  
<http://www.alphabetsoupomtherapy.com>

### **Nancy Kiersh, MS, CCC-SLP**

Speech-Language Pathologist  
nkiersh@gmail.com  
(203) 246-6467  
121 Bayberry Lane  
Westport, CT 06880

### **Children's Therapy and Learning Center**

Dr. Stefanie Saad Seanor, OTR/L  
Maybette Z. Waldron, M.S., CCC\_SLP  
(203) 908-4433  
2228 Black Rock Turnpike, Suite 201  
Fairfield, CT 06825  
\*in-network with many insurance carriers including HUSKY

### **The Speech Academy**

Toni Giannone SLP  
Speech Apraxia therapist

656 Morehouse Road  
Easton, CT 06612  
(203) 220-9595

**Sasco River Center**

<https://sascoriver.com>

Offering testing, therapy, psychiatric/medication management, tutoring, speech & language services and occupational/physical therapy for a wide range of issues including ADHD, LD, ASD, sensory integration dysfunction and speech/language issues.

85 Old Kings Highway North  
Darien, CT 06820  
(203) 202-7654

396 Danbury Road  
Wilton, CT

\*Sensory gym/therapy on site (Sensory-Kids)  
Speech & Language Consultants, LLC

**Connect to Talk**

Center and home based provider for speech and language services, occupational therapy, motor/sensory and behavioral difficulties and social skills training. ABA services including functional behavioral assessments, parent/caregiver training, school shadows, respite services, and IEP/PPT consultations.

6 Hollyhock Road  
Wilton, CT  
(203) 210-7124

1011 High Ridge Road  
Stamford, CT  
(203) 200-7256

[www.connec-to-talk.com](http://www.connec-to-talk.com)

**Wendy D. Marans, M.S., CCC/SLP**



Licensed Speech Pathologist  
Communication Disorders Specialist  
234 Church Street, 3rd Floor  
New Haven, CT 06510  
(203) 789-0424  
(203) 562-1675

## Travel health

Visit our **Travel Consultation (INSERT LINKS TO JOTFORM FOR TRAVEL MEDICISIN AND ARTICLE ON TRAVEL HEALTH)** page for information on SP resources and how to set up a travel visit.

Travel vaccines not available at our office can be found at the Department of Health (INSERT LINK TO DOHs) or local Passport Health Clinics:

<https://www.passporthealthusa.com/clinic-locator/>

The CDC has extensive travel health resources: <https://wwwnc.cdc.gov/travel>

## Vaping/Smoking Cessation

### Connecticut QuitLine

1 (800) QUIT NOW

### Community Health Center- Norwalk

Behavioral Health Services

(860) 447-8304

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>

<https://www.becomeanex.org>

[https://www.cdc.gov/Tobacco/quit\\_smoking/cessation/index.htm](https://www.cdc.gov/Tobacco/quit_smoking/cessation/index.htm)

<https://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html?referrer=http://pediatricassociatesnky.com/Medical-Info/Websites-and-Resources.aspx>

<https://smokefree.gov>