

COMMUNITY

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CLOSEUP | MARINA

Store caters to nursing moms

Expressed Luv also offers in-home consultations

By VICTOR CALDERON
The Salinas Californian

Mothers seeking advice about their babies in the comfort of their own homes have a new choice for care thanks to a business in Marina.

Expressed Luv is a nursing mother's boutique that moved to the city from a location in Monterey in November.

The store sells nursing bras, pumping supplies, baby slings, nursing clothes and baby wraps. It also sells and rents breast pumps.

The store's owner, Robin Didoszak of Marina, says it's the only business in the Marina area that sells cloth diapers.

By offering in-home consultations, the business meets a need for breastfeeding mothers who have just come home from the hospital and need care, said Didoszak, who's also a lactation consultant.

"We offer anything and everything a new mother would need," she said.

As a mother of four and a neonatal intensive care unit nurse at Dominican Hospital in Santa Cruz, Didoszak knows personally the value of having health care services for mothers, who often have many questions after they



RICHARD GREEN/THE SALINAS CALIFORNIAN

Robin Didoszak stands inside her store, Expressed Luv in Marina on Tuesday with Luka, 2, one of her four sons. Didoszak is a neonatal intensive care unit nurse at Dominican Hospital in Santa Cruz.

DETAILS

Expressed Luv, a boutique for nursing mothers, is located at 3146 Ocean Terrace in Marina. Hours are 11:30 to 5:30 p.m. Tuesdays, Thursdays and Fridays; 3:30 to 7 p.m. on Wednesdays and 10 a.m. to 2 p.m. Saturdays. Evening and weekend hours are available by appointment.

leave a hospital.

"Many people have said it's so great to have someone who's been through what

they're going through now to talk to them," she said.

The business moved from Monterey because Didoszak

was looking for a bigger location closer to her home.

The store has varying hours throughout the week, but evening and weekend hours are available by appointment. Courtesy insurance billing is available.

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