



Postpartum Resource and Referral Guide

(In/Near Plymouth, MA or online)

Plymouth Postpartum Doula Grant-Funded Program

Families in Plymouth may be eligible for 3 no-cost postpartum doula visits within the first year after birth

For more information on how to access this community resource, contact Andrea Luzitano andrea.uponarrivaldoula@gmail.com

Preparation and Mindset

- Pura Healing postpartum empowerment deck (available on Etsy, or borrow from Andrea) for ideas
- Build Your Nest postpartum workbook by Kestral Gates
- Yoga Nidra: <https://shakticare.com/yoga-nidra/>
- The Fourth Trimester Cards - Kimberly Ann Johnson (available on Etsy, or borrow from Andrea) for ideas

General Help

Recommended Postpartum Doula Services:

- Andrea Luzitano (www.uponarrivaldoula.com) - Ayurvedic/holistic postpartum caregiving, daytime shifts, virtual available
- New World Doula Services (www.newworlddoula.com) or Monumental Beginnings (www.monumentalbeginningsdoula.com) - overnight shifts

Recommended Infant Sleep Specialists:

- Andrea is an infant sleep solutions coach, providing gentle sleep shaping techniques and sleep plans for babies ages 0-6m old (virtual service available)
- Sarah's Sweet Slumber (www.sweetsslumbersma.com) - for older babies' sleep troubleshooting and overnight help



Breastfeeding/Bottle Feeding

Breastfeeding support resources:

- South Shore Hospital lactation warm line: 781-624-8602
- BID Plymouth breastfeeding group (coordinating FB group "BID Monday Moms," not exclusive to BID births)
- Kelly Mom (<https://kellymom.com>)

Recommended IBCLCs:

- Cindy Hoar, South Shore Hospital
- Sue Golden, Beth Israel Deaconess Plymouth

Recommended Bottle Feeding Resources:

- Bottle Feeding the Breast-Fed Infant: kellymom.com/bf/pumpingmoms/feeding-tools/bottle-feeding/
- Feeding Your Baby Formula: www.marchofdimes.org/baby/feeding-your-baby-formula



Health and Wellbeing

Recommended Travelling Medical Care:

- South Shore Visiting Nurse Association (781-624-7070)

Recommended local/travelling body workers (massage therapists, chiropractors, postnatal yoga instructors, pelvic floor specialists, acupuncturists, etc):

- Rainwater Falls Ayurveda - Ayurvedic bodywork and remedies
- Pelvic Floor Specialists - PEAK (www.peaktherapy.com) and Infinite Potential (infinitepotentialptw.com)



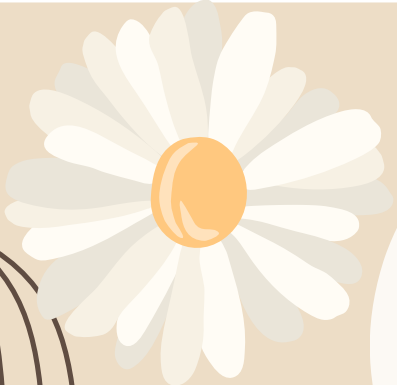
Support Groups

Local Meet Ups

- SSH Breastfeeding Support Group - <https://www.southshorehealth.org/about-us/events-and-programs/breastfeeding-support-group>
- BID Monday Moms - Mondays from noon to 2pm (drop in) at BID Plymouth

Mental health resources:

- Postpartum.net - www.postpartum.net (24/7 warm line, phone support, online groups, and more)
- South Shore Perinatal Wellness Center - <http://www.southshoreperinatal.com/>

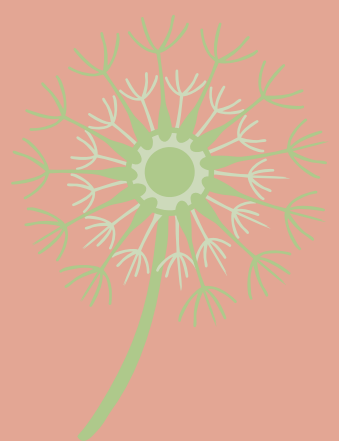


Traditional Caregiving

- New World Doula offers placenta encapsulation services
- Closing of the Bones
- Sitz Bath: <https://www.mamanatural.com/sitz-bath/>
- Womb Steaming: <https://nourishingher.com/vaginal-steaming-after-birth/>
- Bath Soak: <https://www.bellybelly.com.au/post-natal/herbal-bath-soak-recipes-for-new-mothers/> Bellybinding: <https://www.uponarrivaldoula.com/bellybinding>. (Video How-To: <https://youtu.be/-IR6y3F8wUk>)

Natural Remedies after [Vaginal] Birth:

- Sitz Bath
- Womb steaming
- Bodywork
- Bellybinding



Postpartum Cookbooks

- The Food Doula Cookbook
- Eat to Feed
- Nourishing Newborn Mothers
- The First Forty Days
- Motherfood