



# 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](http://www.uponarrivaldoula.com)) Ayurvedic/holistic postpartum caregiving, practical care, cooking, bodywork, virtual - daytime
- New World Doula Services ([www.newworlddoula.com](http://www.newworlddoula.com)), Cape Cod Baby ([www.capecod.baby/](http://www.capecod.baby/)) or Monumental Beginnings ([www.monumentalbeginningsdoula.com](http://www.monumentalbeginningsdoula.com)) - overnight

Recommended Infant Sleep Specialists:

- Upon Arrival Doula - infant sleep solutions coaching, gentle sleep shaping techniques and sleep plans for babies ages 0-4m old (virtual service available)
- Sarah's Sweet Slumber ([www.sweetsslumbersma.com](http://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:

- Joanne Gagnon, Made of Gold Lactation ([madeofgoldlactation.com/](http://madeofgoldlactation.com/))
- Rachel Murphy, RN, IBCLC ([www.linkedin.com/in/rachel-murphy-97897b73](http://www.linkedin.com/in/rachel-murphy-97897b73))

Recommended Bottle Feeding Resources:

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



## Health and Wellbeing

Recommended Travelling Medical Care:

- South Shore Visiting Nurse Association

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](http://www.peaktherapy.com)) and Infinite Potential ([infinitepotentialptw.com](http://infinitepotentialptw.com))



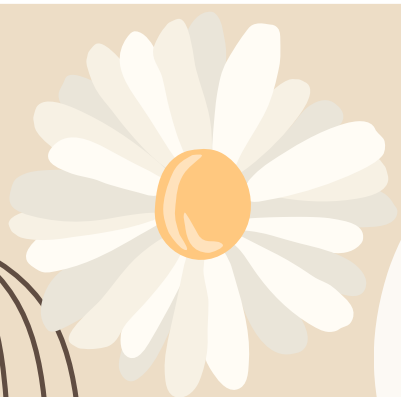
## Support Groups

Local Meet Ups & Playgroups

- SSH Breastfeeding Support Group ([www.southshorehealth.org/about-us/events-and-programs/breastfeeding-support-group](http://www.southshorehealth.org/about-us/events-and-programs/breastfeeding-support-group))
- BID Monday Moms - Beth Israel Plymouth
- Plymouth Family Network
- South Shore Community Action Council
- Over the Moon Parenting - Pembroke, Norwell

Mental health resources:

- Postpartum.net - [www.postpartum.net](http://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

• Upon Arrival Doula offers:

- Postpartum Cooking/M meal Prep
- Closing of the Bones ([sagebirthandwellness.com/2019/02/closing-the-bones-a-postpartum-ritual/](http://sagebirthandwellness.com/2019/02/closing-the-bones-a-postpartum-ritual/))
- 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/-lR6y3F8wUk>)
- Natural Remedies after Birth: Sitz Bath, Womb steaming, Bodywork, Bellybinding



## Postpartum Cookbooks

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