

Sacred Birth Village Resources:

Creating a Birth Plan 101:

<https://www.self.com/story/black-pregnant-birth-plan>

[https://uploads-ssl.webflow.com/59e3848bdb4ec400010ccbc7/5cb3554e2da2adaad657e618\\_Mommy%20Monitor%20Birth%20plan%20.pdf](https://uploads-ssl.webflow.com/59e3848bdb4ec400010ccbc7/5cb3554e2da2adaad657e618_Mommy%20Monitor%20Birth%20plan%20.pdf)

<https://www.nytimes.com/article/black-mothers-birth.html>

<https://thenaabb.org/black-birthing-bill-of-rights/>

Black patient self advocacy in the Dr's Office- getting our needs met

<https://www.glamour.com/story/how-to-advocate-for-yourself-as-a-pregnant-black-woman>

<https://mom.com/pregnancy/how-black-mothers-can-advocate-for-themselves-during-pregnancy>

Experience: <https://www.mothermag.com/advocating-for-black-mothers/>

Experience:

<https://www.healthline.com/health/parenting/6-things-i-wish-i-knew-when-advocating-for-myself-as-a-black-mom-to-be#Prioritize-relationship-building>

Packing for birth/hospital bag:

<https://www.healthline.com/health/pregnancy/hospital-bag-checklist>

<https://www.mustelausa.com/blogs/mustela-mag/the-essential-newborn-baby-hospital-bag-checklist>

Midwives, Doulas:

Why Doulas are important:

<https://www.newyorker.com/video/watch/bringing-midwifery-back-to-black-mothers>

*Topic: In the face of disproportionate childbirth mortality rates, activists are fighting to make midwifery more available to Black mothers in the South.*

5/31/2021

Doual and midwife Resources:

App to find health professionals reviewed by Black birthing people:

<https://irthapp.com/>

App to find culturally competent medical professionals with reviews

<https://healthinherhue.com/>

Black Midwife/doula directory

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

Black breastfeeding support, including a free breastfeeding/lactation hotline to call for advice:

<http://blackmothersbreastfeeding.org/for-mothers-and-families/>

Lower cost or free Doulas in LA:

<https://www.joyinbirthingfoundation.org/>

AAIMM Doula Program:

<https://www.blackinfantsandfamilies.org/doulas#:~:text=What%20does%20the%20AAIMM%20Doula.postpartum%2C%20and%206%20weeks%20postpartum.>

Free Doula hotline:

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

Black Infant Health Program

<https://www.blackinfantsandfamilies.org/bih>

Nutrition books:

<https://realfoodforpregnancy.com/> (first chapter is free)

Black Maternal Women's Health

**TW: these resources contain potentially triggering information about Black Maternal Health in the United States.**

Maternal health disparity

articles:

<https://www.nationalpartnership.org/our-work/health/reports/black-womens-maternal-health.html>

<https://www.self.com/package/black-maternal-mortality>

<https://www.medpro.com/maternalhealth-racialdisparity>

<https://mde-ny.com/thehousechronicles/racial-disparities-in-maternal-care>

<https://www.marchofdimes.org/materials/2020-Maternity-Care-Report-eng.pdf>

Podcast:

<https://www.bbc.co.uk/programmes/m0006sg5>

<https://soundcloud.com/user-6933696/birth-justice-and-covid-19-afroresistance>

Maternal mental health disparity:

<https://www.npr.org/sections/health-shots/2019/11/29/760231688/black-mothers-get-less-treatment-for-their-postpartum-depression>

<https://naturalwomanhood.org/addressing-our-maternal-mortality-crisis-with-fertility-awareness-postpartum-health-2020/>

Self Care:

Self care video:

[https://www.youtube.com/watch?v=jhIYsqld0\\_k](https://www.youtube.com/watch?v=jhIYsqld0_k)

Self care tips for new moms:

<https://www.verywellfamily.com/how-to-practice-self-care-as-a-new-mom-4771779>

<https://www.postpartum.net/practical-solutions-for-postpartum-self-care/>

<https://mhaohio.org/get-help/maternal-mental-health/about-ppd/self-care/>

Black Maternal Mental Health:

[https://d3n8a8pro7vhmx.cloudfront.net/blackinfantsandfamilies/pages/156/attachments/original/1596790016/DMH\\_Community\\_Action\\_Network\\_Resource\\_Guide\\_Final.pdf?1596790016](https://d3n8a8pro7vhmx.cloudfront.net/blackinfantsandfamilies/pages/156/attachments/original/1596790016/DMH_Community_Action_Network_Resource_Guide_Final.pdf?1596790016)

Meditation

App (free)

Insight timer

<https://insighttimer.com/>

(first timers try a guided meditation!)

Shambhala meditation centers in LA (West LA and Eagle Rock)

Free meditation centers, donation requested but they are not pushy. They will teach you how to meditate. They won't preach/sell you anything. A great way to learn to meditate!

<https://la.shambhala.org/>

Resources to read through/listen to with a cup of tea:

Natal: a docuseries about having a baby while Black

Natalstories.com

Birthright podcast: Stories of joy and healing in Black birth

<https://birthrightpodcast.com/>

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

Includes topics like: Black Birthing Bill of rights, Black Doula locator, Postpartum mental wellness and more.

<https://www.foryourbirth.com/blog>

Includes topics like: what is a Doula, labor relaxation tips, and more

Herbs for pregnancy, childbirth, postpartum recommended by Doctors:

<https://avivaromm.com/herbs-easier-labor/>

<https://avivaromm.com/5-safe-herbs-for-a-more-comfortable-pregnancy-and-better-birth/>

<https://avivaromm.com/herbal-medicines-in-pregnancy-safety/>

<https://avivaromm.com/category/natural-pregnancy/>

<https://drbrighten.com/3-natural-ways-to-heal-after-vaginal-delivery/>

<https://drbrighten.com/5-doctor-recommended-herbs-for-pregnancy/>

Postpartum:

Postpartum workbook:

<https://issuu.com/m.mommymonitor/docs/fyb-postpartumsupport-ebook>

Pelvic Floor & incontinence

<https://theeverymom.com/what-you-need-to-know-about-postpartum-pelvic-floor-wellness/>

<https://www.nytimes.com/2020/04/16/parenting/pregnancy/pelvic-floor-therapy.html>

NICU and preemie baby support:

**Emotional and Practical Support in the NICU/resources for the mama of a preemie baby:  
From HEARTHSIDE PERINATAL BEREAVEMENT CARE**

**Books:**

Parenting Your Premature Baby & Child, Davie & Stein

Your Premature Baby, Manginello & DiGeronimo

Preemies, Linden, Paroli & Doron

**Websites:**

<http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/hrnewborn/nicuintr.html>

<http://www.marchofdimes.com/baby/in-the-nicu.aspx>

<https://www.marchofdimes.com/peristats/Peristats.aspx>

<http://preemies.about.com/od/allaboutthenicu/a/NICUPart1.htm>

<http://pediatrics.aappublications.org/content/114/5/1341.full>

<http://www.peekabooicu.net/2011/03/what-the-beep-understanding-the-nicu-monitors/>

<http://northtexaskids.com/ntkblog/index.php/12-ways-to-support-a-friend-with-a-nicu-baby/>

<http://www.peekabooicu.net/2011/09/growing-home-preemie-developmental-care-in-the-nicu/>

<http://preemies.about.com/od/allaboutthenicu/a/NICUPart1.htm>

<http://www.peekabooicu.net/2013/07/confessions-of-a-preemie-why-i-am-different-than-a-full-term-baby/>

<http://www.tampabay.com/specials/2012/reports/juniper/preemies.shtml>

<http://www.tampabay.com/specials/2012/reports/juniper/nicu.shtml>

<http://commonhealth.wbur.org/2011/06/insensitive-remarks-preemies>

<http://www.preemiebabies101.com/>

<http://handtohold.org/>

<http://www.ctvnews.ca/mobile/health/health-headlines/nicu-program-that-gives-parents-charge-of-baby-s-care-cuts-stress-1.1466866>

<http://www.youtube.com/watch?v=AFGkNAeE4Wo>

<http://www.youtube.com/watch?v=vyqAdxRZNAM>

<https://www.youtube.com/watch?v=TmP0MkgWbtA>

<https://www.youtube.com/watch?v=1qcpePlaMoE>

<https://www.youtube.com/watch?v=GypnIRO1vu8>

<https://www.youtube.com/watch?v=OTU29cDHD6I>

Loss resources:

<https://hearthsidecare.com/services-for-birth-professionals/webinar-series/webinar-bibliography-list/>

Pregnancy Health conditions:

<https://www.self.com/story/health-conditions-black-pregnant>

<https://www.whattoexpect.com/pregnancy/your-health/pregnancy-complications-that-affect-black-women/>

Note: there is new research that pre-eclampsia is less likely with a healthy gut microbiome. To have a healthy gut microbiome, eat fibrous foods and eat a variety of foods.

(<https://www.sciencedaily.com/releases/2019/07/190710103203.htm>)

Breaking down the Prenatal vitamin:

Folate vs Folic acid, which is in your prenatal?

<https://drbrighten.com/is-folate-the-same-as-folic-acid/>

The importance of Choline- is it in your prenatal?

<https://www.lamaze.org/Giving-Birth-with-Confidence/GBWC-Post/a-key-nutrient-during-pregnancy-choline-1>

Omega-3's- are both kinds in your prenatal?

<https://www.theprenatalnutritionist.com/omega-3-in-pregnancy/>

Instagram accounts to follow for help on:

Vagina and pelvic floor:

<https://www.instagram.com/the.vagina.whisperer/>

<https://www.instagram.com/vaginarehabdoctor/>

<https://www.instagram.com/carolinepackarddpt/>

<https://www.instagram.com/thrivepelvichealth/>

Prenatal nutrition:

<https://www.instagram.com/prenatal.dietitian/>

<https://www.instagram.com/prenatalnutritionist/>

Gestational Diabetes:

<https://www.instagram.com/gestational.diabetes.nutrition/>

Postpartum nutrition

<https://www.instagram.com/postpartumnutritionist/>

<https://www.instagram.com/the.postpartum.dietitian/>

Breastfeeding:

<https://www.instagram.com/the.lactation.dietitian/>

<https://www.instagram.com/aloha.nutrition/>

<https://www.instagram.com/breastfeeding.dietitian/>

Body Positivity for moms:

[https://www.instagram.com/bodypositive\\_mom/](https://www.instagram.com/bodypositive_mom/)

<https://www.instagram.com/heyjodicollins/>

Natural women's health and childbirth tips from a doctor:

<https://www.instagram.com/drjolenebrighten/>

Baby led weaning & picky eaters:

<https://www.instagram.com/healthy.mom.healthy.kids/>