# Postpartum Resources

## Education

### Christian Postpartum Course
Angie Tolpin
Online

### Infant Care - 0-6 Months
Moms on Call
Online
$150

### Infant Care - First 5 Months
Taking Cara Babies
Online
$99

### BASIS - Baby Sleep Info
Online

### Postpartum Support International
Online

### CDC Breastmilk
Breastmilk Storage & Prep
Online

### POEM Perinatal Outreach & Encouragement for Moms
Peer-to-Peer support & Resources
Online

### Kellymom.com
Breastfeeding Support
Online

### ILCA Lactation Directory
Breastfeeding Support
Online

# Postpartum Resources

## Education

### Infant Risk Center
Baby
Online

### Droplet
Breastfeeding
Online

### Best for Baby
Breastfeeding/ Feeding
Online

### LactMed Drugs Database
Breastfeeding
Online

### Natural Breastfeeding for an Easier Start
Breastfeeding
Online

### Project Preemie
Baby
Online

### Solace for Mothers
Postpartum Recovery
Online

### Best Infant Care Classes
Baby
Online

# Postpartum Resources

## Books

The Year After Childbirth
Kitzinger

Nobody Told Me About That: The First Six Weeks
Breedlove

The Hidden Feelings of Motherhood
Postpartum Care Course
Online
$50

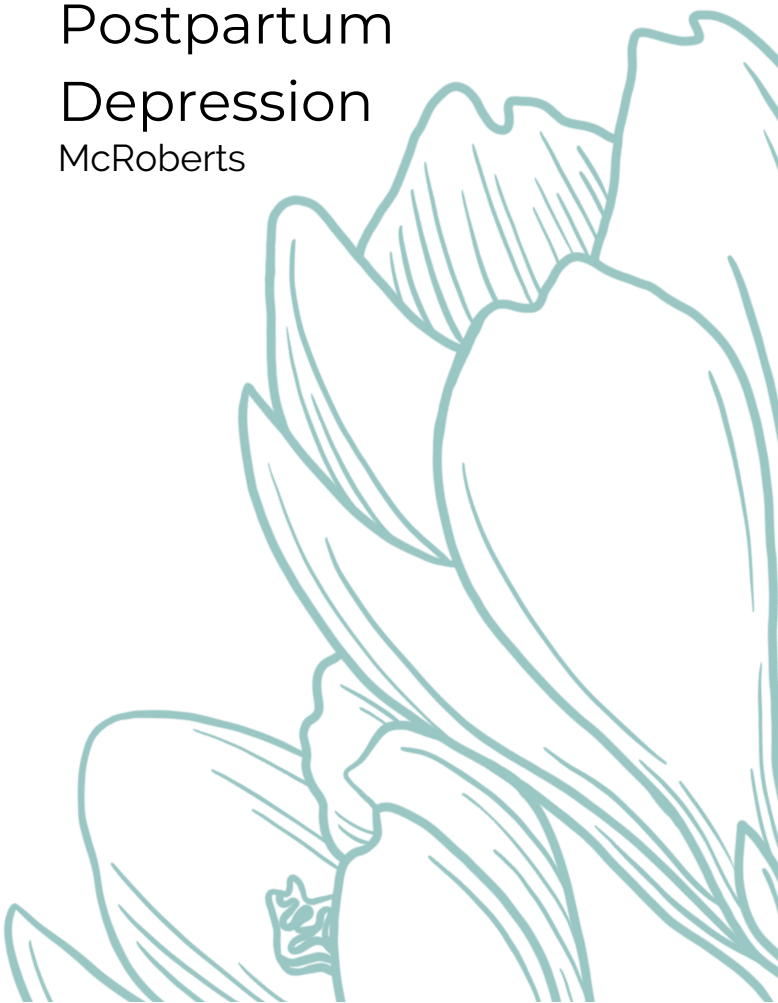
Rebounding from Childbirth
Madsen

Myself Again: The Parents Postpartum Survival Guide
Mauren & Wiersqalla

How to Heal a Bad Birth
Bruijn & Gould

Transformed by Postpartum Depression
Karraa

The Lifter of my Head: How God Sustained me during Postpartum Depression
McRoberts



# Postpartum Resources

## Books

### BabyWise
Baby
Ezzos

### Your Amazing Newborn
Baby
Klaus & Klaus

### The Wonder Weeks: A Stress-Free Guide
Baby
deRijt & Plooij

### The Baby Book
Baby
Sears

### Happiest Baby on the Block
Baby
Karp

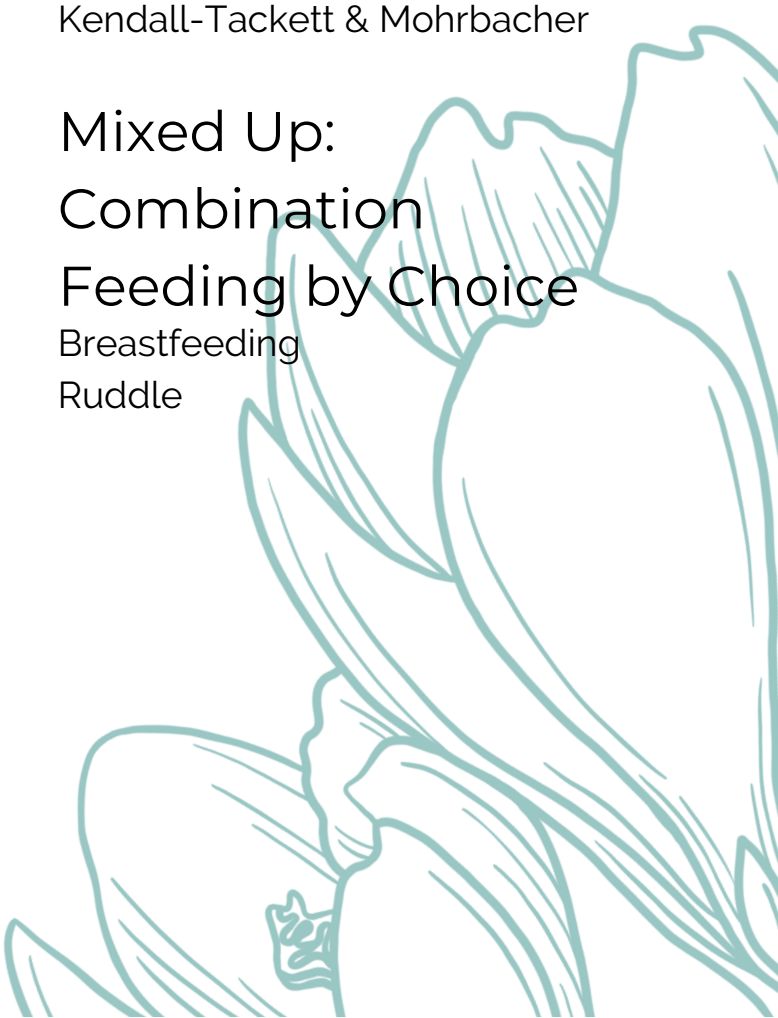
### Bonding
Baby
Kennell & Klaus

### Balancing Breast & Bottle: Feeding Your Baby
Breastfeeding
Peterson & Harmer

### Bestfeeding
Breastfeeding
Renfrew, et al.

### Breastfeeding Made Simple
Breastfeeding
Kendall-Tackett & Mohrbacher

### Mixed Up: Combination Feeding by Choice
Breastfeeding
Ruddle



# Postpartum Resources

## Books

### The Breastfeeding Mother's Guide to Making More Milk
Breastfeeding
West & Marasco

### The Nursing Mother's Companion
Breastfeeding
Huggins

### The Womenly Art of Breastfeeding
Breastfeeding
West & Pitman

### Working and Breastfeeding Made Simple
Breastfeeding
Mohrbacher

### The Wonder Weeks
Baby
Plooij

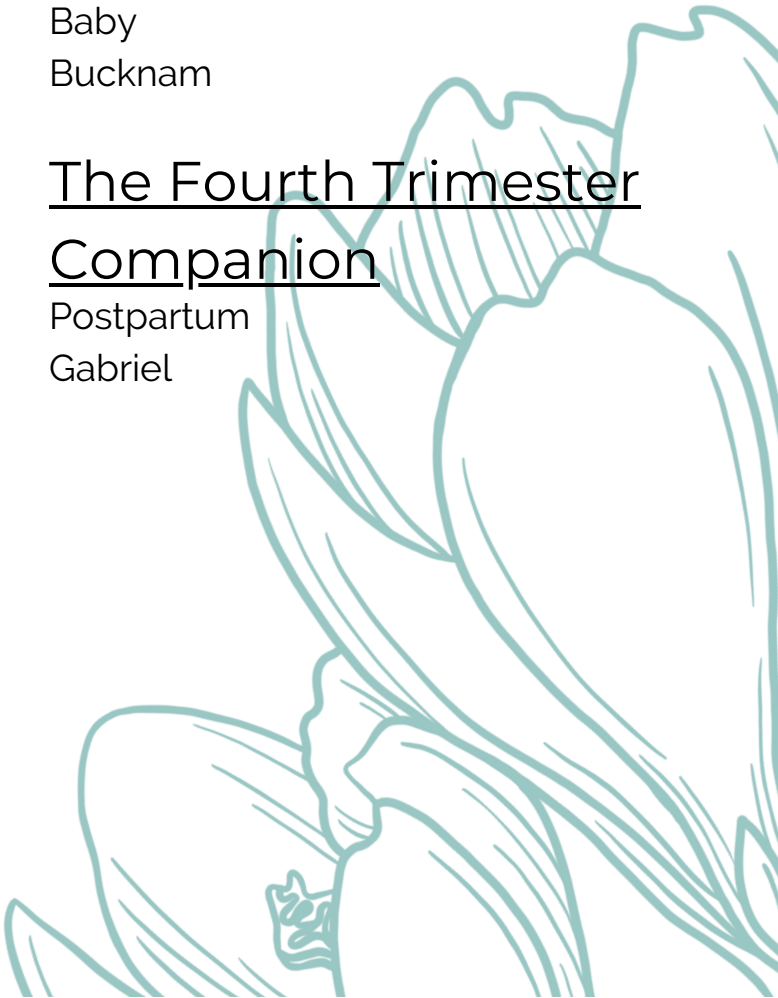
### The Fourth Trimester
Postpartum
Johnson

### The First Forty Days
Postpartum
Ou

### The Postnatal Depletion Cur
Postpartum
Serrallach

### BabyWise
Baby
Bucknam

### The Fourth Trimester Companion
Postpartum
Gabriel



# Postpartum Resources

## Articles

A Gospel Prescription In Postpartum Depression
Online

Yesterday, Postpartum, and Forever
Online

Hope for the Postpartum Mom
Devotional
Online

7 Days with Jesus and Your Newborn
Devotional
Online

Hello Baby, I love you! ABCs for Moms
Devotional
Online

# Postpartum Resources

## Body Recovery

### The Abbey
Christian Prenatal/ Postpartum Yoga
Online
$79

### Revelation Wellness
REVWellTV
Online
Donation Based

### GlowBodyPT
Postpartum 12 Week Plan
Online
$130

### NurishMoveLove
30 day Workout Plan
Online
Free

### BeyondFit Mom
Postpartum Workout Plan
Online
Free

### 4th Trimester Fitness
Postpartum Recovery Class
Online
$150

### One Strong Mama
Postpartum Care
Online
$77/ month

### Expecting and Empowered
Postpartum Guide
Online
$175

### Mamestefit
Return to Foundations Course
Online

# Postpartum Resources

## Body Recovery

### Refine Pelvic Therapy
Christian Prenatal/ Postpartum
Pelvic Floor Course
Online
$229

### Refine Pelvic Therapy
Christian Prenatal/ Postpartum
Diastasis Recti Course
Online
$249

### Refine Pelvic Therapy
Christian Prenatal/ Postpartum
Refine Online - Fitness Program
Online
$79

# Postpartum Resources

## Videos

### The Dark Side of the Moom
Postpartum
Documentary — view the trailer

### When the Bough Breaks
Postpartum
Documentary — view the trailer

### BabyBabyOhBaby
Baby / Breastfeeding
DVD - purchase here

### The First Hour of Life
Baby / Breastfeeding
Klaus
DVD

### The Happiest Baby on the Block
Baby / Breastfeeding
DVD or Book

### Latch 1, 2, 3: Troubleshooting Breastfeeding
Baby / Breastfeeding
DVD

### Microbirth
Baby / Breastfeeding
Documentary - view the trailer