



Postpartum

Emma Hughes |
Nurtured by Emma

Literature

Nine Golden Months
by Heng Ou

The First Forty Days
by Heng Ou

The Fourth Trimester by Kimberly
Ann Johnson

Cycles by Amy J Hammer, FNP

The Fifth Vital Sign by Lisa
Hendrickson-Jack

Taking Charge of Your Fertility by
Toni Weschler, MPH

Joy in Suffering by Rosemary
Pope (TW; pregnancy loss)

Resources

Instagram:

- @thebetterboob : breastfeeding tips
- @karrieloche

Product Recommendations:

- SollyWrap Baby Carrier
- Tallow Balm (for nipples, diaper rash, etc)
- A glass or stainless steel water bottle
- Herbal sitz baths
- Flame retardant free car seat
- Chiropractic care (if local: Tree of Life)
- Pelvic PT (if local: Root to Rise)
- Comfy loungewear/robe
- Bodily nursing bras
- 100% cotton pads/period underwear (period.co)
- Tech-free hobby (knitting, reading, etc.)
- Bone broth & collagen