



Pregnancy & Postpartum Resources

Below are a number of helpful resources for pregnancy, postpartum, and similar topics. If you find a resource that you think should be listed, or removed, please let us know by email:

hello@duluthperinatal.org.

Websites:

[Postpartum Support International](#) - Resources, support groups, and more for new and expectant parents, as well as professionals.

[Pregnancy and Postpartum Support MN](#) - Information, local support and community resources.

[Queer Birth Project](#) - LGBTQ+ childbirth prep classes, new and prospective parent group, and non-gestational parent group.

[birthED](#) - Classes and parent groups for parents-to-be.

[The Sterling Life](#) - Get support for pregnancy and postpartum from OB/GYN and parent Dr. Sterling whose program provides comprehensive support for the physical and emotional challenges of pregnancy and postpartum.

[Life After 4th Degree Tears](#) - Support for those who have experienced a fourth degree tear in childbirth.

[Center for Parental Leave Leadership](#) - A consulting and coaching company devoted to helping improve parental leave policy and practice for families, employees, employers, and companies.

[The MAMAttorney](#) - A law firm devoted to helping women at work. Check out the Employment Rights Guide for details on pregnancy and maternity leave rights, paternity leave rights, rights after a leave ends, pumping at work rights, and more.

[Family Equality](#) - Ensuring that everyone has the freedom to find, form, and sustain their families by advancing equality for the LGBTQ+ community.

[Perinatal Mental Health Alliance for People of Color](#) - Bridging the gap in perinatal mental health support services for birthing persons, providers, and communities of color.

[The Center for Men's Excellence](#) - Relationship coaching, therapy, resources, new dad classes, and more.

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.



Podcasts:

[Mom and Mind](#) - Covers topics on coping, managing, and recovering from perinatal mental health challenges.

[Momwell](#) - Covers topics on all things motherhood.

[Holding Space](#) - Covers topics ranging on pregnancy, fertility, postpartum, parenting, relationships, emotional wellness, creative living and more.

[Women's Wellness Psychiatry](#) - Covers how to make sense of the complex world of women's mental health.

[Evidence Based Birth](#) - Covers topics on quality of childbirth care globally, emphasizing accurate, evidence based research and helping families make informed, empowered choices.

[Motherhood Sessions](#) - Covers topics on motherhood and matrescence; pairs with [What No One Tells You](#) and TED Talk [a new way to think about the transition to motherhood](#).

[Therapy 4 Dads](#) - A space that aims to equip dads around the world with the tools, inspiration, and resources needed to be the best dads they can be, reclaiming the narrative of fatherhood, one story at a time.

[How are you Dad?](#) - Explores the challenges men face in become fathers.

[Dad I'd Like to Friend \(The DILF Podcast\)](#) - Prioritizes parental mental health and thriving while attempting to be the best versions of ourselves.

[We Can Do Hard Things](#) - Glenna Doyle, Sister, and Abby Wambach together cover a range of diverse and thought-provoking content with special guests.

Books:

[The Pregnancy Workbook: Managing Anxiety and Worry with CBT and Mindfulness Techniques](#) Dr. Katayune Kaeni

[The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions](#), Pamela S. Wiegartz, PhD and Kevin L. Gyoerkoe, PsyD

[Dear Mama, You Matter](#) Amanda Hardy, PhD

[Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool](#) Emily Oster

[Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong-and What You Really Need to Know](#) Emily Oster

[This Isn't What I Expected: Overcoming Postpartum Depression](#), Karen Kleiman, MSW, LCSW and Valerie Raskin, MD

[Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers](#) Karen Kleiman, MSW, LCSW

[What About Us?: A New Parents Guide to Safeguarding Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship](#) Karen Kleiman, MSW, LCSW

[Dropping the Baby \(And Other Scary Thoughts\)](#), Karen Kleiman MSW, LCSW

[The Postpartum Husband: Practical Solutions for living with Postpartum Depression](#) Karen Kleiman, MSW, LCSW

[The Postpartum Partner](#), Karen Kleiman, MSW, LCSW

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**Books (cont'd):**

[Heal Your Birth Story: Releasing the Unexpected](#), Maureen Campion, MS, LP

[Body Full of Stars: Female Rage and My Passage into Motherhood](#) Molly Caro May

[Expecting Mindfully: Nourish Your Emotional Well-Being and Prevent Depression during Pregnancy and Postpartum](#) Sona Dimidjian and Sherryl H. Goodman

[The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity](#) Nadine Burke Harris

[The First Forty Days: The Essential Art of Nourishing the New Mother](#) Heng Ou, Amely Greeven, & Marisa Belger

[What Makes a Baby](#), Cory Silverberg

[To Have and to Hold: Motherhood, Marriage, and the Modern Dilemma](#), Molly Millwood, PhD

[Happy with Baby](#) Catherine O'Brien

Support Groups

[Postpartum Support International](#) - Numerous, FREE support groups available using a peer-to-peer support model.

[Chat with An Expert \(For Moms\)](#) - PSI hosts a weekly phone call where you can connect with an expert and other moms to get resources, support, education, and connection to others who get it.

[Chat with An Expert \(For Dads\)](#) - The same service available for moms, only for dads.

Feeding Support:

[Milk Moms](#) - helps with obtaining breast pumps and covered supplies through your insurance.

[La Leche League - breastfeeding support, meetings, and resources.](#)

[Fed is Best Foundation](#) - support for breastfeeding and bottlefeeding families.

[Feed the Baby \(website, book\)](#) - information on moving beyond "best" culture and offers information on the various ways babies are fed, from different positions for feeding from your body or various feeding methods to explore to find what works best for you feeding your baby.

Medications:

[LactMed](#) - contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data is derived from the scientific literature and fully referenced. A peer review panel reviews the data to assure scientific validity and currency.

[MothertoBaby](#) - additional resource on exposure information and pregnancy studies.