

# Postpartum Resources

## Websites for PPD/PMD Support:

Postpartum Progress Website & Blog: <https://postpartumprogress.com/>

Postpartum Support International Website & Blog: <https://www.postpartum.net/>

## Local Seattle-Area Programs:

Swedish Perinatal Support & Bonding Program \*covered by most health insurances

<https://www.swedish.org/services/day-program-for-women-and-newborns>

- Postpartum medication management for mood disorders (safe for breastfeeding/pumping)
- Therapists/social workers with a passion for postpartum
- Support group discussions, activities, and opportunities for connection with other moms and babies
- Intensive Day Program: Mon- Thurs 9:30am-3pm (located at Swedish First Hill Campus- Seattle)
- Outpatient Support also available

Free Support Group through Evergreen Health *"This is Not What I Expected"*

<https://www.evergreenhealth.com/health-services/pregnancy-birth/postpartum/distress/>

- Meet other new parents/expectant moms
- Led by licensed social worker
- Held virtually, 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays each month, 7-9pm
- Email [parentbaby@evergreenhealth.com](mailto:parentbaby@evergreenhealth.com)

Postpartum Doula Services (4-hour day shifts or 8-hour nights) through Swedish- Seattle

<https://www.swedish.org/services/doula-services/postpartum-doula-services>

Call (206) 215-6106 to Schedule

\*I recommend Sarah Willett, a very kind and knowledgeable Advanced Postpartum & Infant Care Doula

Perinatal Support Resources Website for WA State

<https://perinatalsupport.org/>

## **Feeding Support \***

Evergreen Health Breastfeeding/Postpartum Center- lactation consultants also offer pumping/bottle-feeding tips

<https://www.evergreenhealth.com/locations/locations-profile/?searchId=21241db1-77b0-ec11-a84c-000d3a61151d&sort=15&id=343>

\*Please note, I fully support parent's/caregiver's choice to feed their baby in whichever way works best for their family. "Fed is best," whether that's through breastfeeding, chest-feeding, donor milk, pumping, combination feeding, formula/bottle feeding, and supplemental nursing systems. All feeding methods provide essential nutrients babies need and I fully respect any parent's/caregiver's feeding choices and preferences. Therefore, I do not personally advocate for one feeding style over another. As a sleep consultant, I recognize this is a difficult and sensitive topic for many parents, and my goal in providing these resources is to refer you to lactation/feeding specialists who will support your family's feeding decisions and needs.

## **Perinatal Support "Warm Line"**

If you need someone to talk to as you face the difficult emotions of the transition to parenthood:

<https://perinatalsupport.org/warm-line/>

1-888-404-7763 (Call or Text)

Calls answered live 9am-4:30PM Mon- Fri, or leave a message for a callback within 1-12 hours on evenings/weekends

## **Additional Resources for Parents:**

### **Bereavement Doula Service**

Swedish Bereavement Doula Service- free service funded by donations to expectant families experiencing a loss or potential loss of a baby

<https://www.swedish.org/services/doula-services/bereavement-doula-services>

### **Reproductive Psychiatry**

Swedish Perinatal Bonding & Support Program (see contact info above) also offers a Reproductive Psychiatry program for moms with concerns about psychiatric medications' effect on pregnancy

### **Birth Doulas**

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

\*I recommend Leigh McBride as a birth doula, and encourage families to attend one of Expecting Joy's birth classes for expecting parent & partner/support person