



# Sites and Resources for You & Your Clients

an online resource  
created to accompany

## ***Pre- and Perinatal Massage Therapy:***

*A Comprehensive Guide to Prenatal, Labor  
and Postpartum Practice*  
(Third Edition)

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**this resource links to:**

**Chapter 8, page 269**





## Sites and Resources for You & Your Clients

*(primarily featuring American sources)*

This collection of websites, blogs, books, equipment, and other maternity- related materials is a work in progress. By the time you read this, what is beneficial and available likely will have morphed considerably. We have compiled some of our most helpful sources from our decades in this specialization and then added some from trusted colleagues. Most importantly, we asked a few of our 2019-2021 clients to point us to their own most valuable social media, websites and books.

As a result, you will find a variety of items, not all of which will be helpful to every therapist or client. Some of these will have contradictory or at least competing ideas. Not all of these have been - or can be - scientifically validated. We trust you will be pointed in some useful directions to explore what fits best for you and your family. Please update us on what you discover.

### Helpful Websites on a Wide Range of Maternity Topics

Australian physician and author Sarah Buckley <https://sarahbuckley.com>

<https://evidencebasedbirth.com>

<https://raisedgood.com/>



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

Referrals for Perinatal Massage Therapists:

[www.bodytherapyeducation.com](http://www.bodytherapyeducation.com)

The Coalition for Improving Maternity Services: Evidence Basis for the Ten Steps of Mother-Friendly Care [www.motherfriendly.org](http://www.motherfriendly.org)

Midwives' Alliance of North America- [www.mana.org](http://www.mana.org)

Doulas of North America International (DONA) <https://www.dona.org/>

Information and referrals to physical therapy for women's health issues, including pelvic floor and peripartum pelvic pain dysfunctions.

<http://www.womenshealthapta.org/>

Dr. Michel Odent's perspective on the intrauterine and prenatal environment's impact on maximizing health and emotional well-being.

<https://wombecology.com>

American College of Obstetricians and Gynecologists.

<https://www.acog.org/womens-health>

International Pelvic Pain Society

<https://www.pelvicpain.org/IPPS/Patients/Patient->



[Resources/IPPS/Content/Professional/Patient-Resources.aspx?hkey=19cefdcc-cf5e-49f7-9508-68f450a207a3](#)

National Vulvodynia Association <https://www.nva.org/for-patients/>

Coping with Bedrest, High Risk and Complications  
<http://www.sidelines.org/>

American Diabetes Association.  
<https://www.diabetes.org/diabetes/gestational-diabetes>

American Heart Association. <https://www.heart.org/en>

Lamaze International. <https://www.lamaze.org/Parents>

Midwifery Today, Inc. <https://midwiferytoday.com/>

International Cesarean Awareness Network (ICAN). <https://www.ican-online.org/>

National Council on Child Abuse and Family Violence.  
<https://www.preventfamilyviolence.org/>

National Domestic Violence Hotline (800) 799-7233, National Child Abuse Hotline (800) 422-4453



Prenatal and postpartum fitness information

<http://www.befitmom.com>

Online Postpartum Depression Support Group

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

Massachusetts General Hospital Center for Women's Mental Health

<https://womensmentalhealth.org/>

Support for People of Color <https://supportingmamas.org/support-for-bipoc-families/>

Black Women's Health Imperative <https://bwhi.org/>

Queer and Trans Pregnancy <https://evidencebasedbirth.com/ebb-116-inclusion-for-queer-and-trans-parent-families-with-danie-crofoot/>

Sex, gender, feminism

<https://sisteroutrider.wordpress.com/2017/02/07/sex-gender-and-the-new-essentialism/>

National Institutes for Health <https://www.nichd.nih.gov/>

Infant Massage instruction <http://www.liddlekidz.com/>



Developmental Movement and Bodywork with Lenore Brubinger

<http://www.amajoy.net/>

## Helpful Websites on Breastfeeding

[www.lalecheleague.org](http://www.lalecheleague.org).

[https://Kelly Mom.com](https://KellyMom.com)

<https://balancedbreastfeeding.com/>

<https://haakausa.com/>

<https://silveretteusa.com/canada/>

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

## For Dads and Partners

<http://postpartum.org/services/dads/>

*Paternal Postpartum Depression*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2922346/>



## Recovery and Postpartum Care

Ashley Nowe of Get Mom Strong, partnered with Sara Reardon – fitness coach and pelvic floor specialist. They created a number of fitness programs targeting the pelvic floor and rehabilitation of diastasis recti, prolapse, etc (@getmomstrong / @the.vagina.whisperer)

<http://fourthtrimestervaginalsteamstudy.com> (they also have a wonderful postpartum reading list: <http://fourthtrimestervaginalsteamstudy.com/book/>)

## Perinatal Death and Grieving

<http://bereavementservices.org/?pageID=products&CompID=44&action=Browse&CategoryID=372&CurrentPage=1&ViewAll=1&SortOrder=&Filter=http://www.hopexchange.com/>

## Online Postpartum Depression Support Group

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

## Massachusetts General Hospital Center for Women's Mental Health

<https://womensmentalhealth.org/>

Postpartum Support International <http://www.postpartum.net/>

Mothering Magazine. [www.mothering.com/](http://www.mothering.com/)



## Instagram Accounts on Parenting

Lizzie Assa of The Work Space for Children, play expert  
(@theworkspaceforchildren [www.workspaceforchildren.com](http://www.workspaceforchildren.com))

Leah Hackney, pediatric dietitian (@kids.nutritionist)

Megan and Judy, kids eating therapy/dietitian team (@feedinglittles)

Melissa Pintor of Sex Positive Families (@sexpositive\_families)

Dr. Beck Kennedy – family psychologist, gentle parenting specialist  
(@drbeckyathome)

Kristin and Deena of Big Little Feelings, tips/strategies for toddler age  
kids, gentle parenting focus (@biglittlefeelings)

Brooke & Bridget, pediatric speech pathologists (@speechsisters)

## Support Items for Back, Pelvic Floor and Other Body Areas

<https://itsyoubabe.com/>

<https://www.serola.net/markets/pregnancy/>

[Rebozo](#)





### Wrist Brace

<https://www.bumpsuit.co/>

Support belts and undergarments and other supplies

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

### **Sleep Supports for Moms**

<https://www.hiccapop.com/products/pregnancy-pillow-for-maternity>

[https://www.oakworksmed.com/side\\_lying\\_positioning\\_system](https://www.oakworksmed.com/side_lying_positioning_system) or  
[www.bodytherapyeducation.com](http://www.bodytherapyeducation.com)

<https://www.optp.com/The-OPTP-Personal-Wedge>

<https://mumanu.co.uk/product-category/pregnancy-pillows/>

### ***Information, Services and Useful Products***

Carriers

[www.sollybaby.com](http://www.sollybaby.com)

<https://ergobaby.com/>

Maya Wrap baby carrier [www.mayawrap.com](http://www.mayawrap.com)

### **Canadian Resources**

The Association for Safe Alternatives in Childbirth (Alberta based)



organization) and their publication, Birth Issues. [www.asac.ca](http://www.asac.ca)

## United Kingdom Resources

Royal Collage of Midwives [www.rcm.org.uk](http://www.rcm.org.uk)

Scottish Doula network [www.scottishdoulanetwork.co.uk](http://www.scottishdoulanetwork.co.uk)

Hypnobirthing in the UK [www.hypnobirthing.co.uk](http://www.hypnobirthing.co.uk)

Home birth UK [www.homebirth.org.uk](http://www.homebirth.org.uk)

Partner Massage in Labour, Baby Massage and Support for Childbirth Preparation:- KnotStressed [www.knotstressed.com](http://www.knotstressed.com)

The Breastfeeding Network:- [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

National Childbirth Trust [www.pregnancyandbabycare.com](http://www.pregnancyandbabycare.com)

## Contemporary Recommended Reading

Bowman, K. *Diastasis Recti*

Buckley S. *Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices*



Calais-Germain B. *The Female Pelvis*

Clapp J., Cram C. *Exercising Through Your Pregnancy*

DK. *The Science of Pregnancy: The Complete Illustrated Guide From Conception to Birth*

Gaskin IM. *Ina May's Guide to Childbirth*

Klaus, Kennel, Klaus. *The Doula Book*

Moberg K. *The Oxytocin Factor*

Oster E. *Expecting Better*

Oster E. *Cribsheet*

Plooij F, Van ed Rijt H. *The Wonder Weeks (also an app)*

Siegel D, Bryson T. *The Whole Brain Child and No-Drama Discipline*

Simkin P, Whalley J, Keppler A. *Pregnancy, Childbirth and the Newborn*



Simkin P. *The Birth Partner*

### **Some “Mature” Books We Still Love**

Balaskas J. *Easy Exercises for Pregnancy*

Byrne . *Exercise After Pregnancy*

Campbell LK. *Journey Into Motherhood..*

Chester L. *Cradle and All: Women Writers on Pregnancy and Birth.*

Church and Prescott. *Hope Is Like the Sun: Finding Hope and Healing after Miscarriage, Stillbirth, or Infant Death.*

Cohen M. *Deliver This!*

Creager C. *Bounce Back into Shape after Baby*

Dalfen A. *When Baby Brings the Blues*

Dalton K. *Depression After Childbirth*



England P and Horowitz R. *Birth From Within*

Ferguson P. *The Self-Shiatsu Handbook*

Gaskin I. *Spiritual Midwifery*

Goer H. *The Thinking Woman's Guide to Childbirth*

Huggins. *The Nursing Mother's Companion*

Iyengar, Keller, and Khattab. *Iyengar Yoga for Motherhood: Safe Practice for Expectant and New Mothers*

King JM. *Back Labor No More*

Kitzinger S. *Ourselves as Mothers*

Kitzinger S. *The Complete Book of Pregnancy and Childbirth*

Kitzinger S. *The Year after Childbirth*

Kitzinger S. *Pregnancy Day by Day*- [www.sheilakitinger.com](http://www.sheilakitinger.com)

La Leche League International. *The Womanly Art of Breastfeeding*



Menelli S. *Journey Into Motherhood: Inspirational Stories of Natural Birth*

Moberg K. *The Oxytocin Factor*

Montagu A. *Touching: The Human Significance of the Skin*

Noble E. *Essential Exercises for the Childbearing Year*

Odent M. *Birth Reborn*

Otten C, Editor. *The Book of Birth Poetry*

Pirie and Herman. *How to Raise Children Without Breaking Your Back*

Rogers J. *The Disabled Woman's Guide to Pregnancy and Childbirth*

Rosenberg. *Natural Pregnancy, Natural Baby: Natural Remedies for Pregnancy, Birth and Postpartum Discomforts*

McClure V. *Infant Massage: A Handbook for Loving Parents*

Simkin P and Klaus P. *When Survivors Give Birth*



Trotter S. *Breastfeeding: The Essential Guide*

West D and Marasco L. *Breastfeeding Mother's Guide to Making More Milk*

Wilson-Clay B and Hoover K. *The Breastfeeding Atlas*

[All websites accessed Feb. 1, 2021]