



THE ZEN MAMA

GUIDE TO FINDING YOUR RHYTHM IN
PREGNANCY, BIRTH, *and* BEYOND



COFOUNDERS OF YOUR ZEN MAMA

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A PDF COMPANION TO THE AUDIOBOOK

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FURTHER SUPPORT FOR PREGNANCY LOSS

Share Pregnancy and Infant Loss

This national organization is for anyone who experiences the tragedy of pregnancy and infant loss.

<http://nationalshare.org>

800.821.6819

First Candle

First Candle is an organization dedicated to lowering the SIDS/SUDI statistics and supporting bereaved families due to pregnancy and infant loss. They offer a twenty-four-hour grief hotline (800.221.7437), a bereavement library, and peer-to-peer online support groups.

<https://firstcandle.org>

Pregnancy After Loss Facebook Page

This Facebook group offers a community of other families navigating the experience of trying to conceive and/or pregnancy after suffering a loss. With many resources, personal sharing, and uplifting stories, this group proves itself to be one of the leading support communities out there.

<https://www.facebook.com/pregnancyafterlossupport>

March of Dimes (MOD)

MOD provides grief support and care for families who experience premature birth, the death of a baby, pregnancy loss, and babies born with medical complications. Many wonderful, supportive communities can be accessed from the MOD website, including an interactive area for families to share their stories and connect with one another.

<https://www.marchofdimes.org/mission/who-we-are.aspx>

YOUR ZEN MAMA RESOURCE GUIDE

SUPPORT RESOURCES

Pregnancy & Infant Loss

Share Pregnancy & Infant Loss Support
<http://nationalshare.org>

NICU Helping Hands, The Angel Gown® Program
<https://www.nicuhelpinghands.org/programs/angel-gown-program/>

Now I Lay Me Down to Sleep
<http://www.nowilaymedowntosleep.org/>

The Tears Foundation
<https://thetearsfoundation.org/>

Infertility Support

Resolve, the National Infertility Association
<https://resolve.org/>
866.NOT.ALONE / 866.668.2566

Postpartum Support

Postpartum Support International (PSI)
<https://www.postpartum.net/get-help/locations/united-states/>

Smart Patients postpartum community
<https://www.smartpatients.com/communities>

Postpartum Depression

Lifeline network
800.273.TALK / 800.273.8255 (available 24/7)

American College of Obstetricians and Gynecologists
<http://www.acog.org/Patients/FAQs/Postpartum-Depression>

Domestic Abuse

National Domestic Violence Hotline
<https://www.thehotline.org/resources/>
800.799.SAFE / 800.799.7233

LoveIsRespect.org
866.331.9474 (available 24/7) or text “LOVEIS”
to 866.331.9474

START: Study, Think, Act, Respond Together
For a comprehensive list of social justice organizations, visit: <http://www.startguide.org/orgs/orgs06.html>

PODCASTS

Australian Birth Stories
Dr. Berlin's Informed Pregnancy Podcast
The Birth Hour
Rockstar Birth Radio
The Mother Loving Future Show
Janet Lansbury Unruffled
Atomic Moms
Oprah's SuperSoul Conversations
On Being with Krista Tippett

BOOKS

The Happiest Baby on the Block by Dr. Harvey Karp
Spiritual Midwifery by Ina May Gaskin
Ina May's Guide to Childbirth by Ina May Gaskin
Ina May's Guide to Breastfeeding by Ina May Gaskin
Birth Matters by Ina May Gaskin
The Continuum Concept by Jean Liedloff
The Baby Book by Dr. William Sears
The Attachment Parenting Book by Dr. William Sears
Buddhism for Mothers by Sarah Napthali
The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth by Genevieve Howland
The First Forty Days by Amely Greeven, Heng Ou, and Marisa Belger
No Bad Kids by Janet Lansbury
Play the Forest School Way by Peter Houghton and Jane Worroll
The Conscious Parent by Dr. Shefali Tsabary

The Womanly Art of Breastfeeding by Diane
Wiessinger, Diana West, and Teresa Pitman
Permission to Parent by Dr. Robin Berman
Up the Duff by Kaz Cooke
Pregnancy, Childbirth, and the Newborn by Penny
Simkin et al.
The Sleepy Solution by Jennifer Waldburger and
Jill Spivack
The Kindness Advantage by Dale Atkins and
Amanda Salzhauer

WEBSITES

happiestbaby.com
mamanatural.com
mamamia.com.au
mysticmamma.com
inamay.com
janetlansbury.com
ohsheglows.com
birthwithoutfearblog.com
every-mother.com
gozen.com
binibirth.com
spinningbabies.com

SOCIAL MEDIA ACCOUNTS

Australianbirthstories
Birthofamama
Badassmotherbirther
Mandaliabirth
Thebirthstories
Carriagehousebirth
Themotherlovingfuture
Mamamiaparents
Mamanatural
Yourzenmama (of course!)
Gemma_peanut

DOCUMENTARIES

Birth Story: Ina May Gaskin and The Farm Midwives
The Business of Being Born
Misunderstandings of Miscarriage

