

CREATING YOUR POSTPARTUM
RESOURCE LIST



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PERINATAL MOOD DISORDERS

Heading into your postpartum journey, it is important to know the signs and symptoms of Perinatal Mood Disorders.

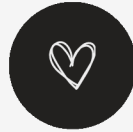
These symptoms can appear at any time, whether right after birth or even much later. Their severity can affect not just how you care for your baby, but also your own health and daily routine.

It's important to keep your partner and close friends or family informed about these signs before your baby arrives.

Take the time to learn about available resources so you are ready to face any challenges that might come up.



Signs of **PERINATAL MOOD DISORDERS**

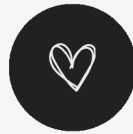


Perinatal Depression

- Feelings of anger or irritability
 - Lack of interest in the baby
 - Appetite and sleep disturbances
 - Crying and sadness
 - Feelings of guilt, shame, or hopelessness
 - Loss of interest, joy, or pleasure in activities you once enjoyed
 - Possible thoughts of harming the baby or yourself
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Signs of **PERINATAL MOOD DISORDERS**

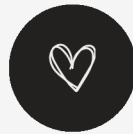


Perinatal Anxiety

- Constant worry
 - Feeling that something bad is going to happen
 - Racing thoughts
 - Disturbances in sleep and appetite
 - Inability to sit still
 - Physical symptoms such as dizziness, hot flashes, and nausea
-



Signs of **PERINATAL MOOD DISORDERS**

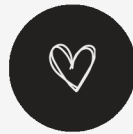


Perinatal Psychosis

- Delusions or strange beliefs
 - Hallucinations (seeing or hearing things that aren't there)
 - Feeling very irritated
 - Hyperactivity
 - Severe depression or flat affect
 - Decreased need for or inability to sleep
 - Paranoia and suspiciousness
 - Rapid mood swings
 - Difficulty communicating at times
-



Signs of **PERINATAL MOOD DISORDERS**



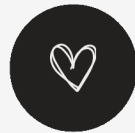
Perinatal Bipolar Disorder

- Periods of lower-than-normal mood
 - Periods of higher-than-normal mood
 - Rapid speech
 - Decreased need for sleep
 - Racing thoughts and difficulty concentrating
 - Continuous high energy
 - Overconfidence
 - Impulsiveness, poor judgment, and distractibility
 - In severe cases, delusions or hallucinations
-



Signs of

PERINATAL MOOD DISORDERS



Perinatal OCD

- Obsessive thoughts
 - Compulsions to relieve anxiety
 - A sense of horror about the obsessions
 - Fear of being left alone with the infant
 - Hypervigilance in protecting the infant
-



RESOURCES

Before your little one arrives, it's a good idea to think about the professional help you might need. While gathering support from family and friends is important, seeking guidance from skilled professionals can also be beneficial.

Doing some research before your due date will help you create a list of useful experts, such as a public health nurse, a lactation consultant, a postpartum doula, local telehealth services, a massage therapist, a naturopath, a psychologist, and more.

Additionally, look into community or fitness classes that you can join when you're ready to start this beautiful journey.



PLANNING FOR SUPPORT

THINGS TO CONSIDER

- What personal needs do I anticipate having?
- What type of support do I wish for in caring for my baby during the first month?
- Am I planning to breastfeed? If so, who will assist me if I require support at home?
- What strengths does my partner possess? How can we both ensure our nourishment?
- What support do I need for my physical and emotional healing?
- What classes and communities would I like to engage with?
- What resources support my family dynamics?



WRITE MY THOUGHTS

[illegible]

EXAMPLES

WHEN CONSIDERING YOUR RESOURCE LIST

- Apps
- Birth Center Administrator
- Birth or Newborn Photographer
- Breastfeeding Support Groups
- Childbirth Educator
- Community organizations
- Evidence Based Websites
- Genetic Counselor
- Government programs
- Healthcare institutions
- Health Policy Advocate
- House Cleaning | Laundry Service
- Infant Massage Therapist
- Lactation Consultant
- Local Parenting Group
- Maternal-Fetal Medicine Specialist

- Midwife
- Neonatal Nurse
- Non-profit organizations
- Nutritionist | Perinatal Specific
- Obstetrician
- Pelvic Floor Specialist
- Pediatrician
- Perinatal Mental Health Counselor
- Perinatal Social Worker
- Postpartum Doula
- Prenatal | Infant Chiropractor
- Prenatal Yoga Instructor
- Public Health Office (Immunizations)
- Reproductive Health Researcher
- Snow Clearing Services
- Virtual Support Groups

MY RESOURCE LIST FOR POSTPARTUM SUPPORT

HEALTH CARE PROVIDERS

MENTAL HEALTH SUPPORT

INFANT FEEDING & SLEEP SUPPORT | EDUCATION

COMMUNITY ORGANIZATIONS

OTHER LOCAL PROFESSIONALS

VIRTUAL FAVORITES

PARTNER SUPPORT

Printable EMERGENCY CONTACT LIST

Hot Tip

- Before printing, run to your nearest dollar store and purchase a magnetic picture frame.
- Print your emergency contact list to match the size of frame.
- After adding your local phone numbers and inserting your list into the frame, stick it to your refrigerator.
- Now you have a clear, easily accessible list for all household members. No more magnets covering info!



EMERGENCY CONTACTS



IN THE EVENT OF AN EMERGENCY CALL

911



POLICE DEPARTMENT



FIRE DEPARTMENT



POISON CONTROL



FAMILY DOCTOR



VETERINARIAN



BABYSITTER



DOG WALKER



INSURANCE COMAPNY



HEALTH HELP LINE

811



MENTAL HEALTH EMERGENCY LINE 1-855-242-3310

OTHER













DESIGNING

PERINATAL MATERIAL

Neurodiversity refers to the idea that people experience and interact with the world in many different ways. There is no one "right" way of thinking, learning, and behaving.

Hello My Friends!

After enetering into motherhood, my experience - postpartum, was not what i had desired. Through educational resources, social support, medical appointments, etc; I finally found myself on a path of self-discovery. After being diagnosed with ADHD as an adult female, I was able to start seeing my world through a clear lens. I unlocked learning techniques that worked for me and began designing materials to increase satisfaction and peace in my life.

Now i am here, deciding to design and share perinatal-focused materials, with my fellow neurodivergent friends in mind. Some things i consider when creating are:

Content:

- I do my best to use clear, simple language; keeping trigger or ick words to a minimum.

Visuals:

- I minimize visual overload - prioritize readability while being mindful of colors and contrast.

Instructions:

- I keep in mind to provide clear, easy-to-process instructions.

Symbols:

- I use simple, commonly known symbols.

Distractions:

- I do my best to reduce distractions while maintaining visual esthetics.

It is important to me that others have access to materials that will give them the best chance at success! Having an easy-to-use guide; giving you optimal prep with minimal effort, creates more space for joy, while diminishing chaos.

I would love your feedback!

you can gladly send an e-mail to claritybirthjourneyservices@gmail.com or write a review online.

your opinion matters to me! I am always open to suggestions on how you feel I can improve this material for more desirable use.

Thank you

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REFERENCES

PERINATAL MENTAL HEALTH ALLIANCE NL

Perinatal Mood Disorders - signs & symptoms
www.pmhanl.com

BEBO MIA

Fully Trained Full-Spectrum Doula
Certifying Maternal Support Practitioner
Be Brave Scholarship Recipient 2024





STAY CONNECTED



Thank you for choosing
Clarity & Compassion! I'm
truly grateful you allow me to
walk this path with you.
Contact me using the methods
below for additional support!



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