



positivereasons@yahoo.com

www.positivereasons.co.uk

Supporting you through pregnancy, birth and into early parenthood!

Postnatal Support Resources

Here are some suggestions for various types of local and general postnatal support services.

General Advice and Medical Support

For any specific medical or health concerns with you or your baby, please contact your Midwife, Health Visitor, local Children's Centre or GP.

Please note some people offer more than one service, please use the follow symbols as reference:

*Postnatal Recovery >Postnatal Exercise Classes ^Feeding Support

Postnatal Doula and Maternity Nurse - Postnatal Support for families

Nurturing Birth – List of trained Doulas – www.nurturingbirth.co.uk

Doula UK – List of trained Doulas – www.doula.org.uk

Sally Reason at Positive Reasons – www.positivereasons.co.uk

Postnatal Doula

Zimmie Silby-Scott – www.zimmiesmaternityservices.co.uk

Maternity Nurse and Postnatal Doula

***Gemma Harvey** – www.thebirthgem.co.uk

Postnatal Doula, *Massage, *Closing Massage and Ceremony, *Placenta Encapsulation, *Postnatal food service

***Kim Craig** – www.birthworks.co

Postnatal Doula, *Closing the bones massage and ceremony, *Medical Herbalist, *postnatal meals and nutritional advice

***Caroline Spear** – www.the-healing-kitchen.co.uk

Postnatal Doula, *Placenta Remedies, *Nutritionist and Homeopath

***Roma Hearsey** – www.labouroflovadoula.co.uk

Postnatal Doula, *Closing the bones, *Chocolate Guinness cake delivery!

***Eva Greenslade** – www.sacredmotherhoodjourneys.com

Postnatal Doula, *Shamanic Practitioner and Celebrant

>^**Trudi Withers Dawson** – www.mothingmojo.com

Postnatal Doula, >Yoga and ^Breastfeeding support

Postnatal Courses

Sophie Messenger – www.sophiemessenger.com

'Why Postnatal Recovery Matters' Book and online courses

Justine Garratty at Kith and Kin (YoutoUs) – www.youtous.co.uk

Fourth Trimester Workshops and Postnatal Doula Service

For Fathers - General advice and information for Fathers

Fatherhood Institute – www.fatherhoodinstitute.org

Mark Harris at Birthing 4 Blokes – www.birthing4blokes.com

Relationship Support

Catherine Topham Sly at Insight and Connection – www.insightconnection.uk

Relationships after children Therapist

Premature Babies - General Support for families

Bliss – www.bliss.org.uk

Premature or sick babies



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***Postnatal Recovery** - Therapies and nutrition for postnatal healing

Katie Stanton at ReTreat – www.retreathove.co.uk

Massage and Reflexologist

Hannah West – www.hannahwesttherapies.com

Massage Therapist specialising in women's health

Natasha Naylor at Holistic Health – www.natashanaylorholistichealth.com

Holistic Massage and Microbirth Practitioner

^Emma at Nama Mama – www.namamama.uk

Traditional Herbal Support, Closing the Bones Ceremony and ^mindful breastfeeding support

>The 360 Mama - www.the360mama.com

Online postnatal recovery including physio, massage, >yoga, >exercise and nutrition

Sian Easton – www.hoveosteopathicclinic.co.uk and www.wellbeanbrighton.co.uk

Osteopath supporting adults, children and babies

Helen Taylor – www.aboutbalance.com/Helen-Taylor-chiropractic-care or
www.peacehavenchiropractic.co.uk

Chiropractor, postnatal support for women and babies

Postnatal Mental Health and Birth Trauma

NHS – www.nhs.uk

MIND – www.mind.org.uk

PaNDAS Foundation UK – www.pandasfoundation.org.uk

PND Awareness and Support

Association for Postnatal Illness (APNI) – www.apni.org

Dads Matter UK – www.dadsmatteruk.org

Mental Health Support for Fathers

Mark Williams at Fathers Reaching Out – www.reachingoutpmh.co.uk

Mental Health Support for Fathers

Birth Trauma Association – www.birthtraumaassociation.org.uk

Tracy Law – www.birthtraumaresolution.com

Perinatal Trauma Practitioner

>Postnatal Exercise Classes

Gabi Markham — www.gabimarkhamyoga.com

Postnatal and parent and baby yoga

Toni Sibley at Blissful Bumps – www.blissfulgroup.co.uk

Postnatal aqua yoga

Rebecca Haroutunian – www.coreconnectionuk.com

Women's Health Coach

Emma at Physiotone – www.physiotone.com

Postnatal Pilates and Physiotherapy

Heather Deaville – www.deavilleyoga.com

Postnatal Core Restore Teacher

Clare Jarvis – www.restorefitnesstherapies.co.uk

Postnatal Pilates

Lou Carlo – www.strongmutha.co.uk

Postnatal Fitness Classes

Justine Sipprell – www.core4pelvicfloor.com

Pelvic floor health, Hypopressives, Shiatsu and personal trainer for postnatal support



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Safe Sleep Advice

The Lullaby Trust – www.lullabytrust.org.uk

UNICEF – www.unicef.org.uk

Baby Sleep Info Source (BASIS) – www.basionline.org.uk

Feeding Support

NHS Feeding Advice – www.nhs.uk

UNICEF Feeding Advice – www.unicef.org.uk

Association of Tongue-tie Practitioners (ATP) – www.tongue-tie.org.uk

The Breastfeeding Network – www.breastfeedingnetwork.org.uk

National Breastfeeding Helpline 0300 100 212

Breastfeeding Support – <https://breastfeeding.support>

La Leche League – www.laleche.org.uk

Association of Breastfeeding Mothers (ABM) – <https://abm.me.uk>

Lactation Consultants of Great Britain (LCGB) – <https://lcgb.org>

NCT – www.nct.org.uk

Facebook Groups: Brighton Breastfeeding Drop-In

Sling and Babywearing Information

Facebook Groups: Brighton Sling Babies

South East Slings - www.southeastslings.co.uk

It's a Sling Thing - www.itsaslingthing.co.uk

Charly Cooke at All wrapped Up – www.allwrappedup.in

Baby carriers and sling consultant and NHS Breastfeeding Peer Support

Lysanne Skinner at MotherRucker – www.motherrucker.co.uk

Sling Library: <https://motherrucker.myturn.com/library/>

Carrying, Parenting & Sling Library

Cloth Nappies

Facebook Groups: Sussex Cloth Nappy Library

Cloth Nappies Brighton and Hove

Baby Massage Classes

Emily – <https://moonwaterservices.com>

Gemma Sharp – <https://inclusivecommunicationtherapy.com>

Baby massage and Makaton signing for parents

Baby First Aid

Sarah Russell-Davis at Daisy First Aid Brighton and Hove – www.daisyfirstaid.com

Baby first aid classes for parents



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Postnatal Book Recommendations

General Postnatal Recovery

Why Postnatal Recovery Matters by Sophie Messenger
The Little Self-Care guide for New Mums by Beccy Hands and Alexis Stickland
The First Forty Days by Heng Ou
The Fourth Trimester by Kimberley Ann Johnson
The Rainbow Way by Lucy H Pearce
Informed is Best by Amy Brown

There is a great selection of books called the 'Why It Matters' series from Pinter and Martin publishers - www.pinterandmartin.com

Feeding

The Food of Love by Kate
The Womanly Art of Breastfeeding by La Leche League
Ina May's Guide to Breastfeeding by Ina May Gaskin

Sleep

The Gentle Sleep Book by Sarah Ockwell-Smith
Sweet Sleep by La Leche League

Parenting Books

Why Love Matters by Sue Gerhardt
The Gentle Parenting Book by Sarah Ockwell-Smith
Beyond the Sling by Mayim Bialik
The Book You Wish Your Parents Had Read by Philippa Perry