

Resources

Welcome, **mama**. This page is different. It's not a random list of Google searches, it's a living collection of resources that have actually helped real moms, including guests on the Mom Life podcast.

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PREGNANCY

Pregnancy & Postpartum

WIC Program GOV PROGRAM
Essential nutritional support for mamas and babies.
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The Postpartum Plan ORIGINAL PDF
A 40-day recovery guide curated by our experts.
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HOLISTIC

Fertility & Holistic Health

Acupuncture Directory DIRECTORY
Find certified fertility acupuncturists near you.
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Fertility Masterclass VIDEO SERIES
Holistic approaches to conception and wellness.
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MENTAL HEALTH

Mental Health & Support

Therapy Directories LINK LIST
Vetted maternal mental health specialists.
[View List](#)

Mom Support Groups COMMUNITY
Safe spaces for sharing and healing together.
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PARENTING

Parenting & Development

Sleep Coach Directory DIRECTORY
Gentle sleep solutions for restorative nights.
[Find a Coach](#)

Toddler Independence Cards PRINTABLE
Visual cues to help your little one lead the way.
[View Cards](#)

Voices to Follow

Curated social handles and podcasters who provide daily doses of reality, wisdom, and humor.

@holistic_mama
Instagram

Mindful Parent Pod
Podcast

@dr_postpartum
TikTok

+ [Suggest Someone](#)

Books We Love

The foundational texts that have shaped our perspective on motherhood, wellness, and parenting.

Book Title & Author	Topic	Recommended By	Format
The First Forty Days Heng Ou	Postpartum Wellness	Sarah Jenkins (Ep. 12)	
It Starts with the Egg Rebecca Fett	Fertility & Science	Dr. Aris (Ep. 45)	
Whole Brain Child Daniel J. Siegel	Child Development	The Mom Life Community	
Good Inside Dr. Becky Kennedy	Parenting	Weekly Favorites	

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Small changes in your daily routine can make a big difference. Discover simple and practical ways to reduce stress and bring more balance into your day.

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Supporting moms through real conversations, shared experiences, and a community that understands the journey of motherhood.

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