

Pregnancy & Postpartum Support

Kindbody provides holistic care, tools, and resources to support birthing parents through pregnancy, birth, and postpartum. These services facilitate optimal outcomes for mothers, newborns, and their families.

- **Doula Support**

A certified doula can help you understand your birth options, like choosing a birth place, selecting a care provider, what childbirth classes to take, and other valuable resources such as building your birth plan. After this 50-minute virtual session you will feel supported on a spiritual, mental, emotional, and physical level in preparation for your birth journey.

- **Nutrition Consultation**

This video coaching session covers nutrition related to both pregnancy and postpartum support. Learn to combat common pregnancy symptoms such as fatigue, nausea, back pain, and reflux with the power of nutrition. After birth, facilitate a quick recovery and promote optimal milk production, ensuring both you and your baby thrive during this precious time.

- **Lactation Consultation**

Each virtual session with an international board-certified lactation consultant is customized to address your personal needs and breastfeeding goals as well as address any concerns such as milk supply, difficult or painful latching, infant weight loss, and pumping. Prenatal Consultations are available for lactation education and preparation before your baby arrives.

- **Return to Work Coaching**

Looking to ease the transition back to work after an extended time off or becoming a new parent? Schedule your 1:1 session to get personalized support in building out your 30-60-90 plans and dive deeper into what fears you have in returning to work after an extended time off.

- **Pelvic Floor Coaching**

When pelvic floor muscles are weakened they can create problems with bladder and bowel control. Pelvic floor conditions can affect adolescents, athletes, pregnancy, post pregnancy, and menopausal women. You are not alone! Our provider will guide you through breathwork, exercises, and emotional support to allow you to find pelvic floor health.