

# Black Family Resources

## Online

### Virtual Services and Classes:

Erica Davis -childbirth education, postpartum preparation classes: [wholebodypregnancy.com](http://wholebodypregnancy.com)

Her Holistic Path -childbirth education and virtual doula: [IG@herholisticpath](https://www.instagram.com/herholisticpath): [herholisticpath.com](http://herholisticpath.com)

Tassie Teaches, Unassisted Childbirth Educator: [IG@tassieteaches](https://www.instagram.com/tassieteaches): [tassieteaches.wixsite.com](http://tassieteaches.wixsite.com)

The Black Doula, Sabia C. Wade offers virtual full spectrum doula support: [theblackdoula.com](http://theblackdoula.com)

Black Women Do Breastfeed, support and resources: [IG@bwdbf](https://www.instagram.com/bwdbf), [blackwomendobreastfeed.org](http://blackwomendobreastfeed.org)

Melissa Danielle, offers virtual full spectrum doula support, health coach: [IG@oahumothercircle](https://www.instagram.com/oahumothercircle)

Sabrina Elizabeth, Postpartum Planning Program: [IG@Sabrina.womb](https://www.instagram.com/Sabrina.womb), [sabrinaelizabeth.info](http://sabrinaelizabeth.info)

### Directories:

National Black Doulas Association a directory of doulas and other practitioners: [blackdoulas.org](http://blackdoulas.org)

National Association of Professional and Peer Lactation Supporters of Color directory: [napplsc.org](http://napplsc.org)

Sista Midwife Productions, Black midwife and doula directory: [sistamidwife.com](http://sistamidwife.com)

Irth App, Birth With Out Bias: [birthwithoutbias.com](http://birthwithoutbias.com)

Steamy Chick Directory - certified vaginal steam practitioners: [steamychick.com/directory](http://steamychick.com/directory)

### Information:

From Mothers to Mothers ~ perserving multicultural postpartum wisdom: [m2mpostpartum.org](http://m2mpostpartum.org)

### Blogs:

Black Moms Blog: [blackmomsblog.com](http://blackmomsblog.com)

### Care package subscriptions:

Postpartum Queen postpartum care kits: [postpartumqueen.com](http://postpartumqueen.com)

Cater to Mom, Postpartum Subscription Box + Online Community: [catertomom.com](http://catertomom.com)

## Books

The Mini Mocha Manual to pregnancy & Childbirth, the essential guide for Black Women by Kimberly Seals Allers.

The Mocha Manual to a Fabulous Pregnancy (plus DVD) by Kimberly Seals Allers.

Mama's Little Baby: The Black Woman's Guide to Pregnancy Childbirth, and Baby's First Year by Dennis Brown and Pamela A. Toussaint

Black, Pregnancy and loving it: The Comprehensive Pregnancy Guide, for Today's Woman of Color by Yvette Allen-Campbell and Dr. Suzanne Greenidge-Hewitt

Having Your Baby: For the Special Needs of a Black Mother-to-be, from conception to Newborn Care by Hilda Hutcherson