

Postpartum Traditions

Traditions being shared by the folks to which they belong.

Online

Mother-For-Mothers Postpartum Justice Project, recipes from **around the world**: www.m2mpostpartum.org/recipes

Shafia Monroe Consulting **African American** birth and postpartum traditions: shafiamonroe.com , [IG@shafiamonroe](https://www.instagram.com/shafiamonroe)

Raeanne Madison **Indigenous** postpartum care traditions: postpartumhealinglodge.com

Panquetzani **Mesoamerican medicine and Mexican folk healing**: indigemama.com

Layla B. **Moroccan** traditions: laylab.co.uk

Montse Olmos **Mexican / Indigenous** birth companion, rebozo classes: [IG@mujer_dela_tierra](https://www.instagram.com/mujer_dela_tierra)

Ibudoula **Malay** Postpartum Wellness Specialist: ibudoula.com

Fatima Esam **Southwest Asia/North Africa** postpartum traditions: oasisbirthdoula.com

Zaagi'idiwinn **Indigenous** birth work on: [facebook.com/indigenousandoulas](https://www.facebook.com/indigenousandoulas)

Divine Nicholas **Black Southern** pregnancy + postpartum traditions: divinebirthwisdom.com

Books

First Forty Days by Heng Ou, Amely Greeven, Marisa Belger, **Chinese** postpartum traditions

Lockdown by Guang Ming Whitley, **Chinese** postpartum traditions

Red Medicine by Patrisia Gonzolas Traditional **Indigenous** Rites of Birthing and Healing

Revive, Reclaim Restore by Layla B. **Moroccan** postpartum traditional care.

From Mothers to Mother by Asian American Pacific Islander Health Research Group, UC Berkeley

Editors: Khanh Hoa Thi Nguyen, BA, Marilyn P. Wong, MD, MPH **Asian** postpartum recipes