

Virtual Resources for Pregnancy, Birth and Beyond

During the COVID-19 pandemic and social distancing, virtual options for childbirth preparation, hospital tour, breastfeeding preparation and postpartum support are available. The following is a resource list of some of the options. We understand this is a stressful time and hope this information will provide you with a means to prepare yourself through your pregnancy and beyond. Continue to find time for self-care with live streamed activities that will spark your curiosity and enthusiasm. We are here for you; please direct any questions you have to your obstetric care provider.

You may click on the **BOLD** listing which is a hyperlink to the web site. If you have received this in paper format the web site URL is also listed which you may type into your browser.

Childbirth Classes

Virtual options through **Newton Wellesley Childbirth Hospital Education**, or <https://www.nwh.org/classes-and-resources/classes/childbirth-education> for more information contact Chere Jalali @ 617-243-6649 to register for a class

- Prepared childbirth class
- Natural childbirth class
- Hypnobirthing
- Mind Body Birth Comfort Measures
- Infant Care class

Maternity Tour

In-person Maternity Tours are have been replaced with Live, Online Virtual Tours where you will be able to see photos of all the spaces in the Unit and get your questions answered

[Register](#) for a virtual tour or <https://www.nwh.org/campaigns/personalize-your-maternity-care>

Breastfeeding Classes

Virtual options through individual lactation specialists

- **Jeanette Mesite-Frem** or <https://babiesincommon.com/> Breastfeeding Ready
- **Jennifer DeMarco** or <https://www.mothersinstinct.net/>
- **Julie Brill** or <https://www.wellpregnancy.com/breastfeeding-classes/>

Guided Spinning Babies Classes

Workshop offered for live support for pregnancy comfort and techniques for labor progress

- **Shari McBurney** or <https://www.deepseeddoulas.com/covid>
- **Bec Conant** or <https://www.ombirths.com/spinning-babies>
- **Jeanette Mesite-Frem** or <https://www.babiesincommon.com/prenatal-education/spinning-babies-parent-class>

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Breastfeeding Support Group

Virtual options through Newton Wellesley Hospital Lactation, contact Sherry Spacco @ 617-243-6314

- Breastfeeding support group, meets twice a week, Tuesdays and Thursdays 2-3:00pm, contact Sherry Spacco for the Zoom link
- 1:1 Lactation visit with lactation nurse, schedule through 617-243-6314

Postpartum Mothers Support Group

Virtual option through Newton Wellesley Hospital, join the Facebook page **NWH Postpartum Mothers Group** or <https://www.facebook.com/groups/2575580952537446/> . If you do not have Facebook, contact Angela Rostami at arostami@partners.org for more information

- Meets on **Wednesdays, 10:00-11:30pm** (meeting link)
- Or Zoom meeting link <https://partners.zoom.us/j/845050264?status=success>
- All welcome regardless of birthing hospital, state of dress, or how much sleep you have gotten!

Doula Support

Virtual support in labor can be arranged through individual doulas, some choices include:

- **Shari McBurney** or <https://www.deepseeddoula.com/covid>
- **Emma O'Brien** or <https://lavandoula.com>
- **Sierra Holland** or <https://www.alldodiesbirth.com/>
- **Teresa Coyle Airey** or <https://peacefulbirthandbeyond.com/>
- **Karen Zelinsky** or <https://bostonbirthing.com/>
- **Bronwyn Sheppard** or <https://bronwynsheppard.com/>

Prenatal Yoga

Virtual options

- **Universal Power Yoga**: offering 30days for \$1.00/day or <https://universalpoweryoga.com/> for more information contact 774-256-4480
- **Brigitte Arle**: Tuesdays at 5:30pm or <https://www.rootedboston.com/classes/>
- **Bec Conant**: recorded and available all the time or <https://www.ombirths.com/video-membership/>
- **Barrett Reinhorn** free class 7pm Sundays live www.fivepointsyoga.com
- **Karen Zelinsky** or <https://bostonbirthing.com/> for more information contact Karen @ 508-308-6725