



Mother Willow Doula Service

Sacred Postpartum Revolution



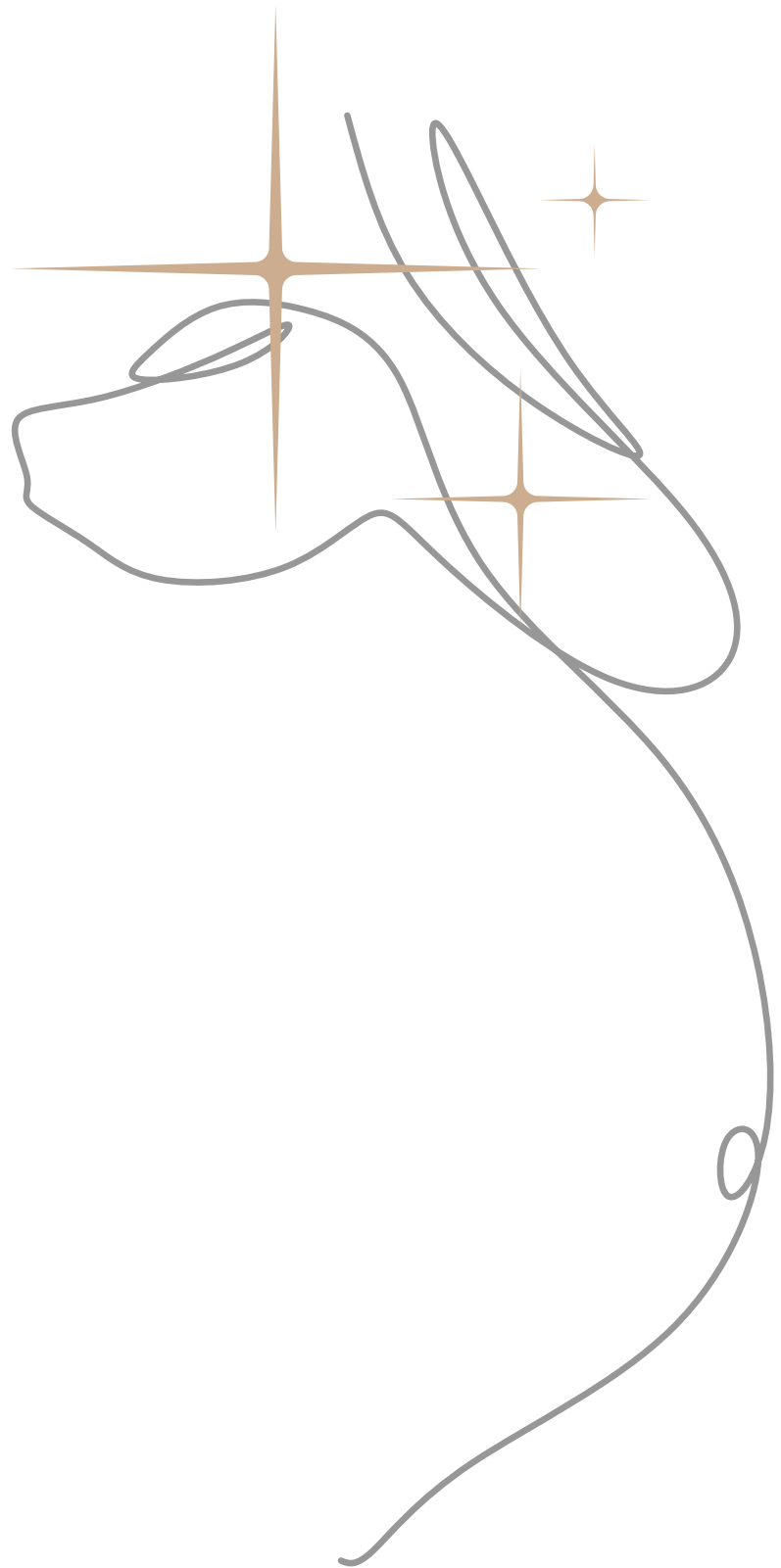
Blessing for Postpartum

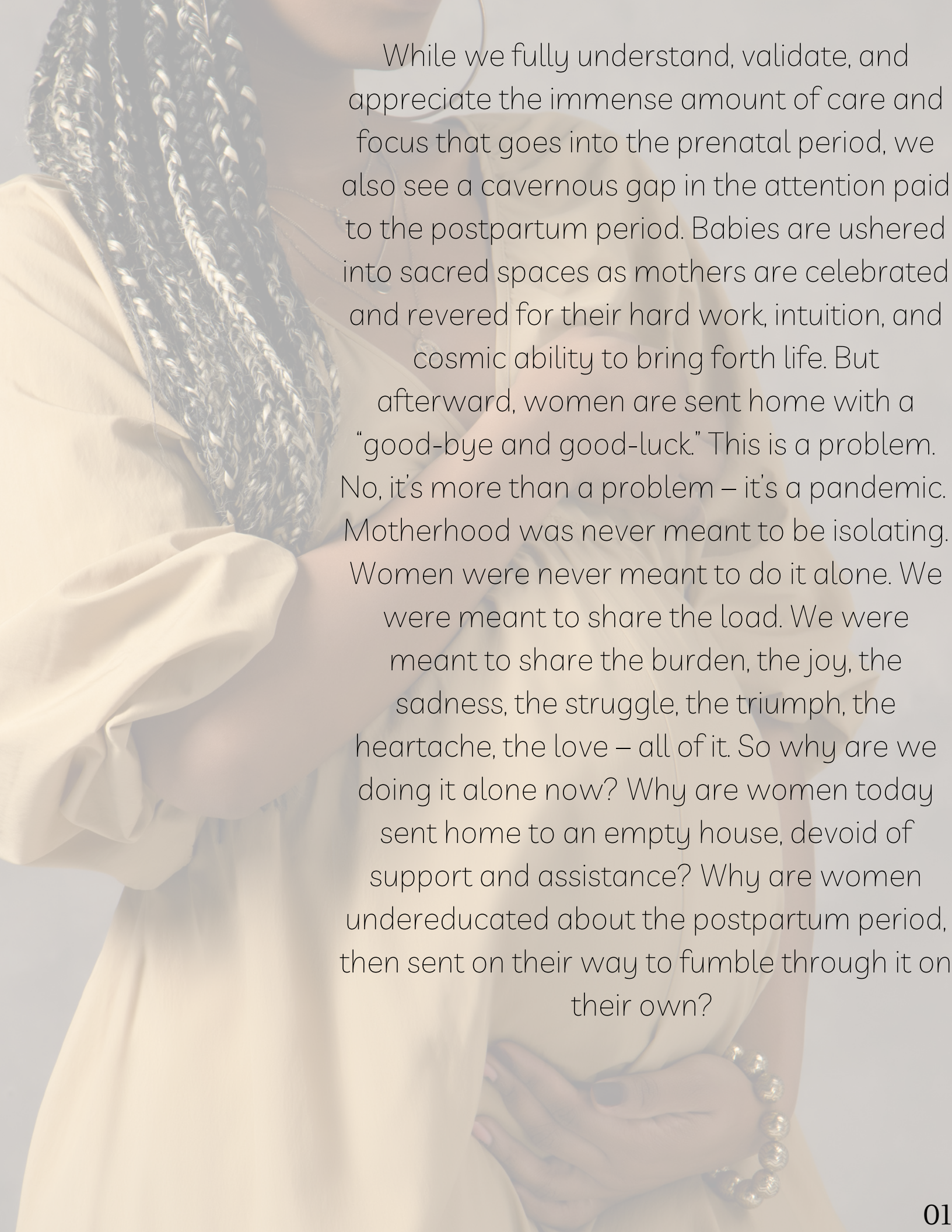
Bless this woman's transition from maiden to mother. Bless the intrinsic knowledge contained deep within her body, within her bones. Bless her intuition and her ability. Bless her journey - may it be filled with insight and discovery. May she exhibit strength beyond any she's ever known.

Bring this woman peace, comfort, and rest. Bless her energy, her soul, and her heart. For here, a world is changed. For here, a family is grown. For here, a fire is ignited.

For here, a mother is born.

Mother Willow



A soft-focus background image of a woman with long, dark braids holding a baby. She is wearing a light-colored, possibly white, long-sleeved top. The image is overlaid with a semi-transparent text box.

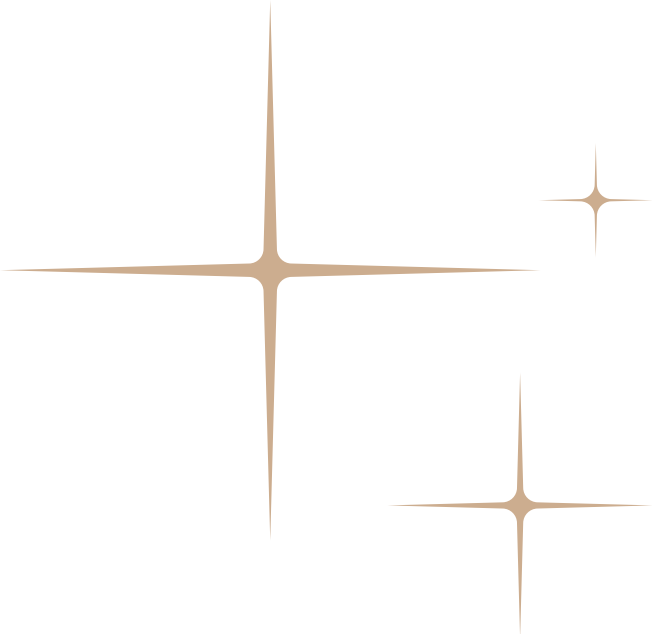
While we fully understand, validate, and appreciate the immense amount of care and focus that goes into the prenatal period, we also see a cavernous gap in the attention paid to the postpartum period. Babies are ushered into sacred spaces as mothers are celebrated and revered for their hard work, intuition, and cosmic ability to bring forth life. But afterward, women are sent home with a “good-bye and good-luck.” This is a problem. No, it’s more than a problem – it’s a pandemic. Motherhood was never meant to be isolating. Women were never meant to do it alone. We were meant to share the load. We were meant to share the burden, the joy, the sadness, the struggle, the triumph, the heartache, the love – all of it. So why are we doing it alone now? Why are women today sent home to an empty house, devoid of support and assistance? Why are women undereducated about the postpartum period, then sent on their way to fumble through it on their own?

Here's the thing: we're seeing consistency and continuity of prenatal care for mothers. And this is highly important! It's paramount to the success and protection of the sacredness of her birth story. But after the baby arrives, mothers are all but forgotten. A mother's needs are overshadowed by the cuteness of the baby. People arrive for snuggles and to spoil the baby, and they leave shortly after.

The draw of the newborn sweetness wanes. The stream of visitors slowly fades away, and a mother is left alone to care for her baby and herself. She's left alone to independently navigate the tender, emotionally tumultuous Fourth Trimester. It's terrifying and isolating. Women used to thrive after giving birth. Now, collectively, we barely survive.

This is why Mother Willow was born. We are here to revolutionize Postpartum. We are here to bring back the sacredness of the postpartum period, to demand the respect and reverence that it deserves. We are here to make a call to action: lift your sisters up. Be the village. Through careful planning, education, and consideration, birth workers across the United States are creating a new Postpartum. We are creating a new space for mothers to thrive in. We are bringing the village to our sisters, linking arms in a united front against the disparities of postnatal care.





The transition from maiden to mother is a sacred one. It lays a foundation for future generations. Mothers are born, intrinsically forged in ancient fires burning as long as the earth's existence. This is a space where entire lifetimes are born. Not just babies, not just mothers. We are birthing change, we are birthing a revolution. We are birthing galaxies.

So, how come after a mother has sacrificed and labored to bring forth the greatest gift she can offer – life itself – we simply send her home to recover alone?





The way a mother is cared for after birth is also significant to the transition from mother to crone. This window of opportunity is fleeting, but so important, for years and years to come.

Birth is just as much an inward experience as it is outward. And that journey inward does not end the moment a baby is born. It continues long after, as days melt together and turn into weeks, weeks into months, months into years. A mother will experience physical, emotional, and mental changes and challenges after birth. She may find herself nearly unrecognizable as she moves through this transition. That is not something to take lightly. The support a mother receives after birth should be thorough and lasting. Loved ones can step in and assume the roles of housekeeper, cook, babysitter, assistant, nanny, doula, nurse, and more.

You can create your ideal postpartum. It's more than possible. It's easier than ever to find the support you need, but women aren't given the basic education and information required to set their course for recovery. This is where birth workers come in. With our knowledge and specialized skill sets, we can help mothers across the world curate their ideal postpartum. Together, we can make the necessary changes to create a whole new generation of physically, mentally, and emotionally healthy mothers. That's what this world needs. Furthermore, mothers who are more connected to their selves are more connected to their children.

It's essential that a mother creates a reliable network prior to giving birth. Caregivers can come in all forms. Mothers can drastically improve their recovery period by delegating responsibilities, accepting help when it's offered, and reaching out for help when it's needed. It's time that women take an active role in their recovery.

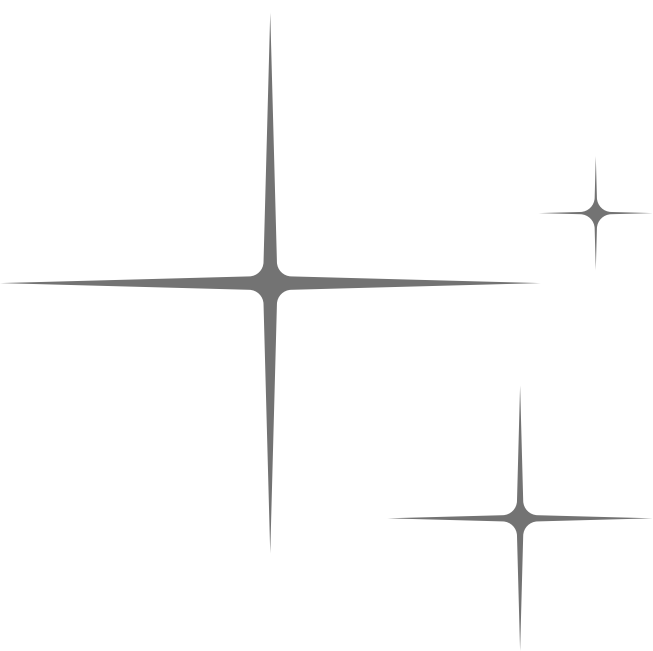




An imperative facet of postpartum recovery is maternal mental health.

Proper recovery and care can result in awareness of signs and symptoms of Perinatal Mood and Anxiety Disorders (PMADs) and early intervention.

The concoction of fatigue, exhaustion, hormonal changes, and the stress of caring for a newborn can cause many mothers to suffer beyond the typical “Baby Blues.” Postpartum doulas and maternal health professionals everywhere are trained in awareness of the signs and symptoms of PMADs. Many postpartum doulas are additionally trained in active listening and observation, making our presence a key factor in catching these signs and facilitating early intervention.





Imagine a world where mothers were held as much as babies after birth. Imagine these mothers thriving under diligent care, having all of their physical and emotional needs met. An incredible feat has just been achieved, and this sacred transition should be treated accordingly.

This transitional space is tender, it's emotional, and it's often confusing. In addition to the intense physical changes taking place, it's essential to process your birth story. That is the beginning step in the recovery of your soul. Every single birth experience is unique. Furthermore, a mother is born each time a baby is, even if it's not her first time giving birth. Mothers are reborn after each subsequent birth experience. Each time is special, and a mother's soul is never the same. Each transitional phase brings us further and further into who we are, and who we are meant to be. Each phase brings us closer to our absolute highest expression of ourselves.

The jump from pregnancy to postpartum is relatively short – even if you labored for days, it's a short span of time in the grand scheme of things. But the physical act of expelling the baby and the placenta is not the entire transition. In fact, it is only the kick-starter. That is the opening of the transitional space.

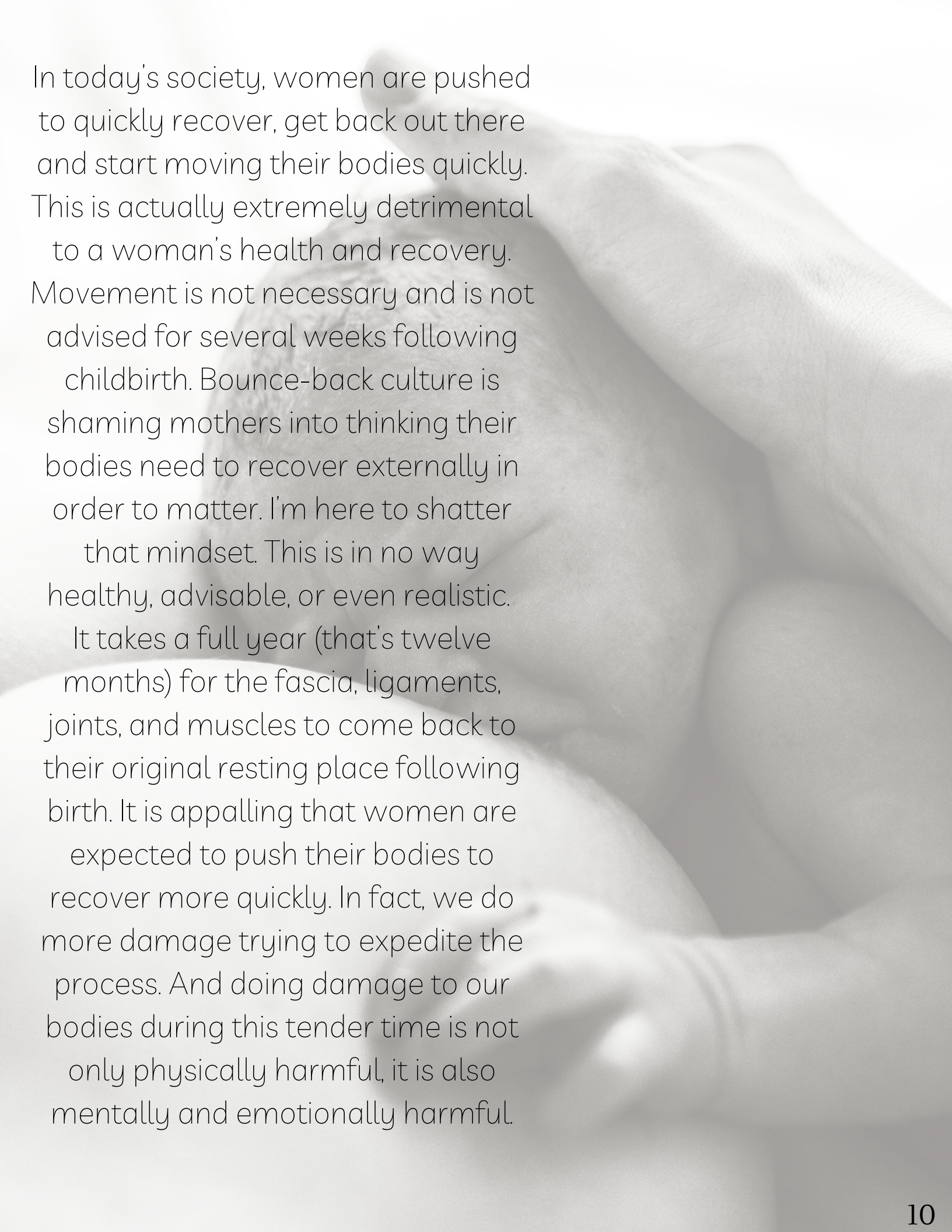
The space created during this transition is both physical and energetic. The womb is now filled with an emptiness, now that the baby is earthside. But energetically, there is also a space. There is a moment when time seems to stop. The baby is here, and there's a very profound moment of the suspension of time when we wonder, what's next?

Have you considered the quality of care you should be receiving postpartum? If not, now is the time. The change begins with you, and it begins today.

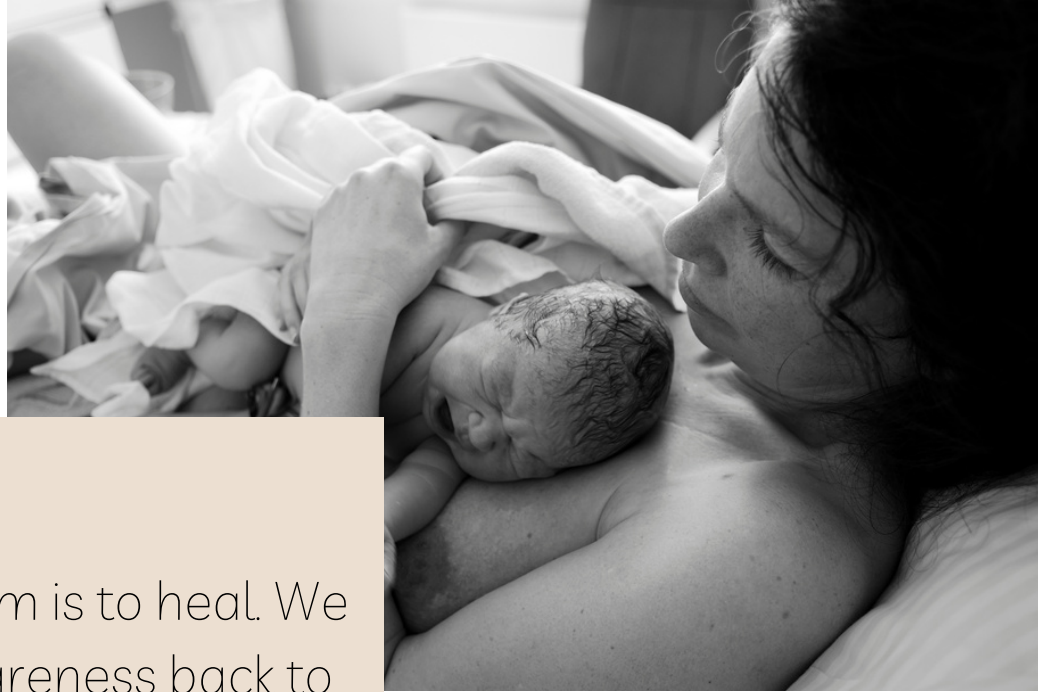
No matter the type of birth you had – long or short, home or hospital, vaginal or c-section, spontaneous or induced – this one truth remains: mothers deserve a restorative, respectful, encouraging, empowering, supportive postpartum period. Your accountability to yourself and your new child matters. When mothers thrive, babies thrive. We are creating a new generation of healthy mothers and healthy babies.

Your planning and preparation for after birth is essential to your quality of life. Your wellbeing and that of your baby are directly related to your postpartum care.

There's an old adage I really love: "One week in the bed, one week on the bed, one week around the bed." This means that mothers should spend a full week in the bed, with baby, undisturbed. Her only job is to rest her body, sleep, nurse, receive nourishment and hydration. The subsequent week can be spent on the bed, with minimal movement, still sharing that sacred, quiet space with baby. Nursing, nourishment, and rest are the key components. Finally, a week after that, mom can start to reintroduce some gentle movement around the house. "Around the bed" means slow and gentle moving from room to room, but that's it. Still near the bed, resting most of the day, sitting up and enjoying some more wakeful time, but still sleeping often and bonding with and caring for baby. This is a three week window of time, and that's a minimum for rest.



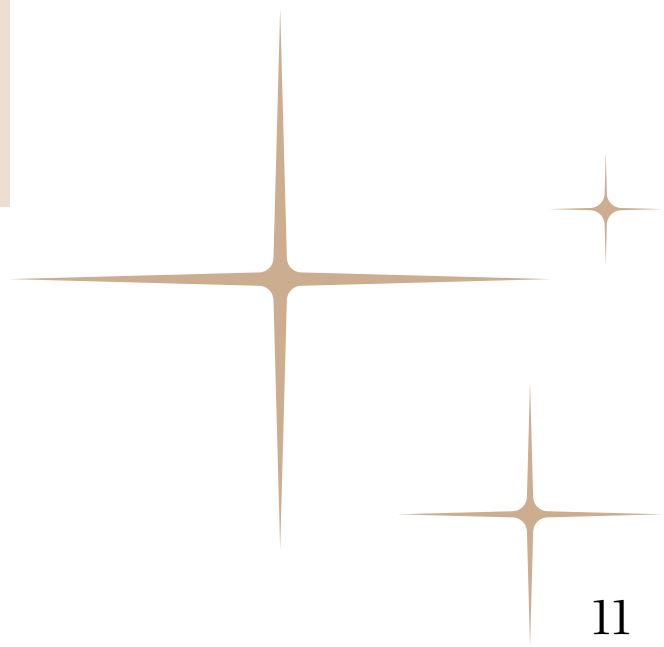
In today's society, women are pushed to quickly recover, get back out there and start moving their bodies quickly. This is actually extremely detrimental to a woman's health and recovery. Movement is not necessary and is not advised for several weeks following childbirth. Bounce-back culture is shaming mothers into thinking their bodies need to recover externally in order to matter. I'm here to shatter that mindset. This is in no way healthy, advisable, or even realistic. It takes a full year (that's twelve months) for the fascia, ligaments, joints, and muscles to come back to their original resting place following birth. It is appalling that women are expected to push their bodies to recover more quickly. In fact, we do more damage trying to expedite the process. And doing damage to our bodies during this tender time is not only physically harmful, it is also mentally and emotionally harmful.



The goal for postpartum is to heal. We need to bring this awareness back to our families, our friends, and our communities. The future of mothers depends on it.

Plant the seeds of change now. Sit with yourself and your expectations for your birth and postpartum experience. You can set the standard for a new postpartum.

The revolution begins today.



Journaling Prompts

What would your ideal postpartum look like?

What thoughts or feelings come up when you picture yourself being completely cared for during the postpartum period?

Who can you count on to support you after birth? Why?

What does motherhood mean to you?

Imagine yourself caring for a friend or sister after birth. What sort of help do you offer them? Do these sound like things you would enjoy receiving postpartum? If so, how can you make that a reality?

What advice would you give to a friend planning to have a baby? Have you taken this advice yourself? Why or why not?

Do you feel prepared to enter this deeply sacred transitional space? If not, how can you prepare yourself?

Postpartum Ayurvedic Porridge

Prep time: 5 mins

*Gluten-free, vegan

Cook time: 3 hours

Total time: 3 hrs 5 mins

Main course for first three-five days postpartum.

Ingredients:

- 8 c water
- 1 c basmati rice
- 1 1/2 c raw brown sugar or molasses
- 1/2 c ghee or sesame oil
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 3/4 tsp ground cardamom
- 1/2 tsp ground cloves
- 1/2 tsp black pepper
- 1/2 tsp ground turmeric
- Pinch of cayenne pepper (optional)

Stovetop instructions:

- Rinse rice several times until water runs clear
- Bring water to a boil. Add rice and reduce heat to a simmer
- Cook covered, stirring occasionally, for several hours
- When rice begins to thicken, add sugar, spices, and ghee
- When consistency is gelatinous, remove from heat and serve hot

Slow cooker instructions: Add all ingredients, cook on low for 8 hours

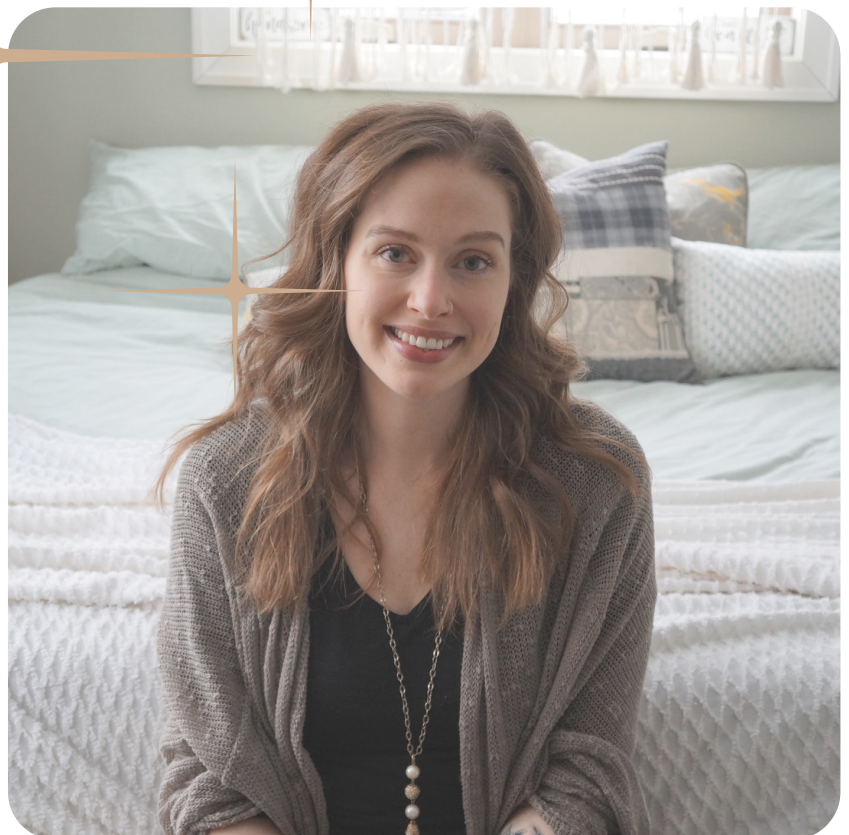
My journey into birth work began after the birth of my third child. My birth experiences were uninformed and generally uneventful, as births go. My girls made their appearances gracefully and without complication. But my postpartum experiences were shadowed with doubt, isolation, struggle and sadness. I knew there had to be a better way. My goal is to revolutionize postpartum and create a better recovery for mothers everywhere.

I founded Mother Willow to take action against the disparities in postpartum recovery. My goal is to help mothers thrive, and to care for them the way they were intended to be cared for.

We can be the change. Let's rebuild the village.

Blessings,

Jessica



Thank You



Stay connected with us and find more resources at our website. Book a
Discovery Call to find out more!