

Post Partum Information, Resources & Research

[Post-Partum Doulas: What your Doula Will Do](#)

[Post-Partum Doulas: Q&A](#)

[Preventing Post-Partum Depression](#)

[La Leche League Canada](#)

[Baby Organic](#)

[How to make healthy all natural baby food](#)

[Breastfeeding.com - The #1 site for breastfeeding advice](#)

Breastfeeding - Foothills Breastfeeding Clinic (403) 266-2622")

[Breastfeeding - 101 reasons to breastfeed](#)

[Breastfeeding - Jack Newman](#)

[Breastfeeding - Dr. Jain and the tongue-tie issue](#)

[Personal Training - Personal training programs created by women for women](#)

[Yoga - Jodi Chetcuti, has a BA, is a Certified Holistic Health Practitioner, a Doula and is a full time Yoga Teacher](#)