

Neesa's Home & CHOICES Birthing
and Wellness Support

HEALTHY MOMS, HEALTHY BABIES



HEALTHY MIND, HEALTHY BODY

SYMPOSIUM ADDRESSING MATERNAL AND INFANT
MENTAL HEALTH

INFANT AND MATERNAL
WELLNESS GUIDE



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PROGRAM & PRESENTERS

WELCOME

DR. ROBERT ADAMS
DIRECTOR OF PENN CENTER

STATEMENT OF NEED

BRENDA HUGHES DEPARTMENT OF PUBLIC HEALTH
IFETAYO WHITE, ELDER DOULA

VISUAL DEMONSTRATION

MISTRESS OF CEREMONY, DONELLIA CHIVES

LUNCH & DOOR PRIZES

MATERNAL AND INFANT MENTAL HEALTH PANEL

IFETAYO WHITE, CHOICES BIRTHING AND WELLNESS SUPPORT

SANDRA BOYD, DE GULLAH SHIPP

DONELLIA CHIVES, MS, MHP

SARA EDWARDS CPM, LOWCOUNTRY MIDWIFERY

MAYA MAAT RYT, THE JOYOUS WOMB

BRENDAH HUGHES, MPH

CLOSING

**1ON1 REIKI SESSIONS WILL BE AVAILABLE FOR THE
DURATION OF THE SYMPOSIUM**

HEALTHY MOM, HEALTHY BABY HEALTHY MIND, HEALTHY BODY
RESOURCE GUIDE

SPECIAL THANKS

SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS AND
INDIVIDUALS WHO SUPPORTED AND HELPED TO MAKE THIS
SYMPOSIUM POSSIBLE:

DEPARTMENT OF PUBLIC HEALTH
SOUTH CAROLINA STATE UNIVERSITY
INFANT MATERNAL MORTALITY (I.M.M.)
PENN CENTER
ARIANNE KING COMER
THE SMOKEHOUSE
LUNA'S GROOVE NATURAL SHEA BUTTER PRODUCTS

HEALTH DISCLAIMER

THE INFORMATION IN THIS BOOKLET IS INTENDED FOR GENERAL WELLNESS AND EDUCATIONAL PURPOSES ONLY. IT IS NOT A SUBSTITUTE FOR MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT FROM A QUALIFIED HEALTHCARE PROVIDER. ALWAYS CONSULT WITH YOUR DOCTOR, MIDWIFE, OR HEALTHCARE PROFESSIONAL BEFORE STARTING ANY NEW WELLNESS PRACTICES, INCLUDING YOGA, MEDITATION, HERBAL REMEDIES, OR DIETARY CHANGES.

THE CONTRIBUTORS AND CREATORS OF THIS GUIDE DO NOT ASSUME LIABILITY FOR ANY RISKS, INJURIES, OR HEALTH CONCERNS THAT MAY ARISE FROM THE USE OF THESE PRACTICES. EVERY PREGNANCY AND POSTPARTUM JOURNEY IS UNIQUE—PLEASE LISTEN TO YOUR BODY, SEEK MEDICAL GUIDANCE WHEN NEEDED, AND HONOR WHAT FEELS BEST FOR YOU AND YOUR BABY.

HEALTHY MOM, HEALTHY BABY HEALTHY MIND, HEALTHY BODY
RESOURCE GUIDE



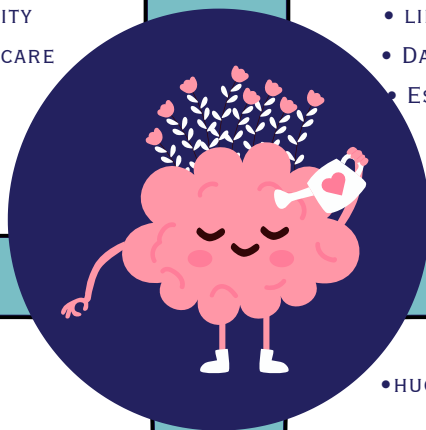
HAPPINESS HORMONE HACKS

DOPAMINE

- LISTEN TO MUSIC
- CELEBRATE SMALL WINS
 - ENGAGE IN A CREATIVE ACTIVITY
- PRACTICE SELF-CARE

ENDORPHINS

- DANCING
- HUMMING
- LAUGHTER
- TAKING A WALK
- LIFTING WEIGHTS
- DARK CHOCOLATE
- ESSENTIAL OILS



- YOGA
- MEDITATION
- SUN EXPOSURE
- BE IN NATURE
- DEEP BREATHING
- EATING MORE PROTEIN

SEROTONIN

- HUGGING A LOVED ONE
- PLAYING WITH A PET
 - CUDDLING
- HELPING OTHERS
- HOLDING HANDS
- HAVE DINNER WITH FRIENDS
- BREASTFEEDING

OXYTOCIN

AFFIRMATIONS

“

MY BODY IS STRONG, CAPABLE, AND WISE.

I surrender to the natural rhythm of my body
and trust that it knows exactly what to do.

I TRUST MY JOURNEY INTO MOTHERHOOD.

My love and care are more than enough to nurture
my baby and myself.

MY BABY AND I ARE SAFE AND LOVED.

I release any fears and replace them with confidence, peace,
and trust in this sacred transition.

I EMBRACE EACH CHANGE WITH GRACE.

I am patient with myself as I adjust to motherhood,
knowing that every challenge is part of my growth.

RESTING IS PRODUCTIVE; I HONOR MY NEEDS.

I welcome this new chapter with an open heart,
knowing I am divinely supported in every moment.

”



YOGA & BREATHWORK

Yoga Poses for mental health



CHILD'S POSE



BRIDGE POSE



DOWNWARD DOG



EASY POSE
(SUKHASANA)

Box Breathing to reduce anxiety



PREGNANCY & BIRTH

BIRTH AND POSTPARTUM DOULAS

Akwaaba Wellness

Services: IBCLC, Virtual, In-Person

912-421-0526

www.akwaabawellness.com

MIDWIVES

Sara Edwards, CPM

Lowcountry Midwifery

Phone Number: (843)461-0771

www.lowcountrymidwifery.com



POSTPARTUM SUPPORT

PELVIC FLOOR THERAPIST

Dr. Jasmine Polk, PT
Savannah Pelvic Health
912-503-0516
www.savpelvichealth.com

LACTATION CONSULTANT

Morenike Tyehimba, Akwaaba Wellness
Services: IBCLC, Virtual, In-Person
912-421-0526
www.akwaabawellness.com

POSTPARTUM DOULA

Naomi Fields
843-263-1132
lotusbirthandbeyond@gmail.com



WELLNESS & HEALING PRACTITIONERS

REIKI

Ifetayo White
Phone Number: (843-271-1923
neesamoon@gmail.com
www.ifetayowhite.co

Maya Maat
Phone Number: (843)929-9877
maya@mayamaat.com

YOGA

Maya Maat
Phone Number: (843)929-9877
maya@mayamaat.com

Lauren McDonald, Wellness Yoga
www.laurenmcdonaldyogawellness.com

MASSAGE THERAPIST

Kelly Housaman
813-503-6908
Services Offered: Mobile Massage Therapy (Prenatal)
Areas: Beaufort County,
www.inspirationmassagetherapy.com



LOCAL MENTAL HEALTH RESOURCES

Coastal Mental Health

1050 Ribaut Rd Beaufort SC, 29902

Phone: 843-524-3378

24/7 Emergency Line: (833) 364-2274

- Beaufort Clinic: (843) 524-3378
- Hilton Head Clinic: (843) 681-4865
- Hampton Clinic: (843) 943-2828
- Ridgeland Clinic: (843) 726-8030
- Walterboro Clinic: (843) 549-1551
- Deaf Services/TTY: (800) 647-2066

Mental Health America

Beaufort/Jasper County

843-682-2900

www.mha-sc.org

National Alliance on Mental Illness

NAMI Lowcountry

843-681-2220

namilowcountry.org



Mental Health
Resource

IMAGINATION LIBRARY BY DOLLY PARTON

**Enroll your child
for free monthly
books!**



register them today for free
monthly books.

How It Works:

- Enroll your child online at <https://imaginationlibrary.com/>
- In 6-8 weeks, your child will receive their first book in the mail, 'The Little Engine That Could'.
- Books arrive in the mail monthly until your child's 5th birthday.

