

**Sasha Butler**  
**Capstone Bibliography**  
**Class of 2026**

[“Home | Doula Services in Philadelphia, Womb Ish, LLC.” \*Womb ISH\*, \[www.womb-ish.com\]\(http://www.womb-ish.com\).](#)

This source is from *Womb-ish*, a doula service that helps mothers with their pregnancy journey. Not only does womb-ish work with mothers during pregnancy, but they also offer services during the postpartum journey. I found this source to be very reliable because they are educated on the entire pregnancy process, and they are aware of how to help mothers during this time. I can also reach out to this team to see if they have pamphlets, or even business cards that I can include inside of my postpartum care kits. I believe this source can definitely help with my capstone project.

[Welcome to Pennsylvania WIC. \[www.pawic.com\]\(http://www.pawic.com\).](#)

This source is the Pennsylvania WIC (Women, Infants, children) Program. This nutrition program helps mothers with breastfeeding, nutrition, health care, and social services. Almost any mother located in the Pennsylvania region can qualify for WIC support if they really need it. I believe this program is very reliable in assisting mothers, which also makes it reliable for my capstone project. I would like to reach out to this program, informing them of my capstone idea. I believe this program can either donate items to me to put in my care kits, or possibly accept a few care kits to donate to mothers on their own.

[Mothers Helping Mothers Inc. – Empowering Teen Mothers and Their Children.](#)

[www.mhmteen.org](http://www.mhmteen.org).

Mothers Helping Mothers is a nonprofit organization that supports teen mothers throughout their pregnancy journey. They specialize in offering many different resources. Some of these resources include nutrition classes, education, housing referrals and more. This organization has a primary focus on teenage mothers because they often have little to no resources when dealing with pregnancy. I believe this source is very reliable for my capstone project because it has a lot of things I am looking for in an organization. My target audience for my postpartum care kits are not only teens, but teens who need support and resources the most.

<https://itavf.org/>

ITAV (It Takes a Village) is a foundation that is funded and ran by volunteers. The thing that makes ITAV stand out more than others is the fact that they help people in both Philadelphia and Jamaica. Not only does this organization support mothers and children, but they also provide education and resources to communities that are suffering from major societal issues. ITAV has many different components of their program and one of them is teen pregnancy. This is very beneficial to me because I want to help teen mothers gather the things they need, and help make their lives easier.

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[“Grab N’ Flow.” \*Grab N’ Flow\*, www.grabnflow.org.](http://www.grabnflow.org)

Grab N Flow is a community founding organization, located in Philadelphia. This organization specializes in offering essential resources to women such as sanitation items, postpartum care, formula, and more. Instead of having to directly reach out to the leaders of this foundation, women who are in need of assistance with feminine care items can directly get the help they need on their own. Grab N Flow has sheds all over the city with crucial items inside. These sheds allow people to grab the things they need, and it allows people to donate there. This is a reliable source because I can partner with Grab N Flow to create postpartum care kits, or I can deliver care kits there.

[Lopez-Gonzalez, Diorella M., and Anil K. Kopparapu. “Postpartum Care of the New Mother.”](https://www.ncbi.nlm.nih.gov/books/NBK565875)

[StatPearls - NCBI Bookshelf, 11 Dec. 2022, www.ncbi.nlm.nih.gov/books/NBK565875.](https://www.ncbi.nlm.nih.gov/books/NBK565875)

This is a source that explains what postpartum is, the side effects, and how to deal with it. This source is very reliable because it tells me all about the needs of women who are going through the postpartum care journey. Also, it gives me insight into what a new mother may need in order to heal quicker. As a student who wants to donate to mothers, I need to know what items and resources would benefit them the most. This article provides lots of information on a women’s reproductive health, and I believe it is necessary for many people to learn about this.

<https://ourbodiesourselves.org/blog/how-can-we-help-teen-mothers-avoid-and-cope-with-postpartum-depression>

This article explains what Postpartum Depression is and how it affects new mothers. Specifically, this article focuses on **teen** mothers because they are more likely to suffer from Postpartum Depression than the average mother. Postpartum Depression in teen mothers can often lead to substance abuse, academic failure, suicide, and more. These things put the mother and their babies in great danger, which is why it is very important to treat PPD right away. I believe this is a great source for my capstone because it gives me insight into some of the things that teen mothers are going through. It also helps me understand what a new mother may need in order to get through this journey very smoothly.

[Svetlana.Shakhova. “Postpartum Care Essentials: A Checklist for Recovery.” \*Genesis OBGYN\*,](https://genesisobgyn.net/postpartum-care-essentials)

[20 Nov. 2025, genesisobgyn.net/postpartum-care-essentials.](https://genesisobgyn.net/postpartum-care-essentials)

This source is a guide for women with information regarding essential items for a postpartum care kit. This article lists out eight different items, and thoroughly explains why they are each necessary for healing. I believe I can strongly rely on this source because it educates me on what a new mother typically needs to recover during postpartum. While this source doesn’t exactly focus on resources for the baby itself, it helps the mother care for herself in order to be able to take care of her child. I believe I can place some of the items on this list into the care kits I am making, while including baby supplies too.

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[De Sousa Machado, Tiffany, et al. "First-time Mothers' Perceptions of Social Support:](#)

[Recommendations for Best Practice." \*Health Psychology Open\*, vol. 7, no. 1, Jan. 2020,](#)

[p. 2055102919898611. <https://doi.org/10.1177/2055102919898611>.](#)

When a child is born, lots of support is needed. Without this, things can be very difficult for the mother and the child. It can be very challenging for the mother to deal with stress from taking care of a child, while managing her usual day-to-day responsibilities. It is also more likely for first time mothers to experience emotional stress and burnout. That is why I want to dedicate my care kits to first time mothers and teen mothers. I believe this website will help me understand how support can change someone's life and help them get through complicated situations.

<https://www.thebump.com/a/checklist-baby-essentials>

This article consists of another list of essential items after a baby is born. However, this article focuses more on baby resources instead of resources for postpartum mothers. This website breaks down the items into specific categories, with feedback reviews and comments from parents. This source is very reliable because it can help me break down which items are needed most for baby care, and which items work best. As I've previously mentioned, I want my postpartum care kits to include items for both the mother and the baby. This will help me make sure mothers have certain resources to take care of them and their baby.