

## Resources for Pregnant Women Who've Experienced Sexual Abuse/Assault

### ONLINE INFO/SUPPORT:

How Sexual Abuse Can Affect Pregnancy and Birth: <http://www.ourbodiesourselves.org/health-info/how-sexual-abuse-can-affect-pregnancy-and-birth/>

Tips for Going to the OBGYN (or Midwife): <http://pandys.org/forums/index.php?showtopic=78864>

Coping with Medical Appointments: <http://www.pandys.org/quickinfocards.html>

Breastfeeding as a Survivor (good link with specific information for the mom):  
<http://www.pandys.org/articles/breastfeeding.html>

### BOOKS (your local library may have these):

*When Survivors Give Birth*, by Penny Simkin.

On Amazon here: [http://www.amazon.com/When-Survivors-Give-Birth-Understanding/dp/1594040222/ref=sr\\_1\\_1?ie=UTF8&qid=1462983861&sr=8-1&keywords=when+survivors+give+birth.](http://www.amazon.com/When-Survivors-Give-Birth-Understanding/dp/1594040222/ref=sr_1_1?ie=UTF8&qid=1462983861&sr=8-1&keywords=when+survivors+give+birth.)

*Survivor Moms*, by Mickey Sperlich.

On Amazon here: [http://www.amazon.com/Survivor-Moms-Stories-Birthing-Mothering/dp/1890446416/ref=pd\\_sim\\_14\\_3?ie=UTF8&dpID=31gPj47joyL&dpSrc=sims&preST= AC UL320 SR21 4%2C320 &refRID=07AWQP4G5KQ0XPX59TJG](http://www.amazon.com/Survivor-Moms-Stories-Birthing-Mothering/dp/1890446416/ref=pd_sim_14_3?ie=UTF8&dpID=31gPj47joyL&dpSrc=sims&preST= AC UL320 SR21 4%2C320 &refRID=07AWQP4G5KQ0XPX59TJG)

### DOULAS:

Having a doula benefits most pregnant women during birth, but may be especially beneficial to survivors. A doula is a trained professional who provides physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.

Here is a list of doula organizations, and volunteer and/or low-cost doulas may be available:

- The UW Medical Center has a volunteer doula program: <http://uwdoulas.blogspot.com/>
- Open Arms Perinatal Services: <http://www.openarmsps.org>
- Pacific Association for Labor Support (PALS): <http://www.palsdoulas.org/>
- Doulas of North America (DONA): <http://www.dona.org/>

Also, Doula Match (<http://doulamatch.net/>) lists the profiles of hundreds of doulas throughout the area, including their areas of training and specialty. To determine if a doula has specific training/experience with survivors of abuse, go to a doula's profile and find the section called: "Specialized Training or Previous Experience."