



**Wisconsin**  
Adoption &  
Permanency  
Support

# Helpful Resources for Birth Parents

recommended by attendees of the WISAPSP Birth Parent Support Group

## Memlife app



a way to record meaningful memories and milestones from your life

## Born with Teeth: A Memoir

Did you know that actress Kate Mulgrew is also a birth parent? Don't miss her memoir, described as "irreverent and soulful, laugh-out-loud funny and heart-piercingly sad."



## Grow, Flower, Flourish: A Birthparent Journal



This birthparent journal uses weekly prompts to help you gain clarity about who you are, what you are capable of, and where you are heading in life.

## Birth Moms Real Talk podcast

Birth mom D Yvonne Rivers interviews other birth moms about their journey and the realities of adoption, reunion, and healing.



## Libby app



Libby is a free app where you can borrow ebooks and digital audiobooks from your public library. All you need to get started is a library card.

## Pivot: Post-Placement Curriculum for Birth Parent Care: Workbook

A unique healing tool written by a birth parent for other birth parents.

