

Kristin Lash
West Bath

To Whom it May Concern:

I support LD 1357: An Act to Require Private Insurance Coverage for Postpartum Care. As a birth doula and therapeutic massage therapist with advanced training in perinatal and postpartum care, I have assisted birthing individuals for over 12 years and have witnessed their need for additional physical, emotional, and social support. One single six-week checkup post-delivery is insufficient to address the unique and complex needs of this time including Postpartum Depression, Pelvic Floor Dysfunction, and Anxiety. In addition, individuals experiencing pregnancy loss should not be excluded from necessary care and vital support during an already isolating period.

As a current MSW candidate, I believe strongly in expanding access and securing resources for all individuals in an effort to improve life outcomes. A birth or pregnancy loss is a turning point for individuals and their chosen family, and I believe these measures should be implemented for continuum of care as standard, preventative practices. New parents should not suffer in silence nor should they have to make difficult financial decisions or sacrifices in their physical recovery or emotional healing process. LD 1357 will ensure specific care is accessible and affordable, allowing individuals and families the opportunity to thrive.

Please support LD 1357. In doing so, you are supporting individuals and families at a pivotal time while affirming the importance of community care.

Thank you for your consideration.

Sincerely,
Kristin Lash (she/her)
West Bath

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Birth Doula, Community Birth Doulas
Therapeutic Massage Therapist