

[News release on July 14, 2025]

Innovative Postpartum Care Offering Opening in Bloomington

Tandem, a local nonprofit focused on perinatal care and support, is opening the Postpartum House, this first of its kind in the country. The Postpartum House offers 24x7 postpartum support in-house at Tandem during the first 3-4 months postpartum.

The development and construction of the Postpartum House was funded by Early Learning Indiana through a \$500,000 Early Years Initiative Grant, awarded in 2023, and with the support hundreds of individual donors, including through the final 40 40 40 Project fundraiser that completed the renovations, raising over \$50,000 in May and June 2025.

While a small number of luxury “postnatal retreats” do exist in some US metropolitan cities, Tandem’s concept is unique in many ways. Tandem operates on a small scale, with four postpartum overnight suites where parent and baby can rest, bond and access support. Clients can book overnight, or reserve rooms for day-use at an hourly rate. All meals are included, as well as access to Tandem’s support groups and classes. As a nonprofit, Tandem has structured the Postpartum House to accommodate all income levels through sliding scales. Clients may also use FSA or HSA funds for their stay. Tandem also acknowledges that there are many journeys to parenthood and works to provide support to diverse family structures and experiences, such as adoption or surrogacy.

Tandem’s Executive Director, Julie Duhon, says, “I would have loved to have the Postpartum House for my 2nd and 3rd babies. It’s wonderful to watch older siblings bond with a new baby, but it would have been great to be able to go to the Postpartum House for a day or two with my new baby in those first months and just be able to rest and not be jumped on by a toddler, and not have had to look at the piles of dishes or laundry or toys on the floor.”

Tandem’s Postpartum House will be staffed around the clock by Tandem’s team of 8 Postpartum Doulas, and Tandem is currently training a volunteer crew of Baby Rockers, who will have rotating shifts to help hold babies while their parent naps, showers, or eats.

At a time when national attention is focused on the challenges and isolation of modern-day parenthood, Tandem’s Postpartum House provides a direct way to combat the exhaustion and loneliness, providing essential support known to be a protective factor against Perinatal Mood & Anxiety Disorders (PMAD). Tandem recommends clients book their rooms during their 2nd or 3rd trimester of pregnancy if possible. Gift cards are available and make great baby shower gifts.

Duhon says, “Because this is only such offering in Indiana, we expect to have clients travel from around the state to receive services at the Postpartum House. When parents are feeling overwhelmed and exhausted and struggling with their mental health, that can ultimately lead to inpatient psychiatric stays where they are separated from their babies, furthering their trauma.

We want to provide a space where those parents can be supported with their babies BEFORE that level of care is needed.”

Tandem functions as a perinatal hub for a 7-county region in South-Central Indiana, providing extensive wrap-around services for pregnancy and postpartum. This includes free supplies such as maternity clothes, infant and toddler clothes, feeding supplies, toys, books, and more. Tandem also provides safe sleep education and distributes free pack ‘n plays, provides free car seat safety checks, and, as of April of this year, has taken over the Hoosier Diaper Program, distributing over 20,000 diapers/month and covering the bums of hundreds of children in our community.

Tandem’s Postpartum Doula Team also provides Postpartum Doula support in client homes on a sliding scale. The Postpartum Doula Equity program, which over the past 3 years has received funding from The Persisterhood Workshop, the 100+ Women Who Care, Jack Hopkins Social Services Committee, and Unitarian Universalist Social Justice Funds, allows clients to pay for services according to what is affordable to their family on a sliding scale that goes down to \$0/hr.

More information about the Postpartum House can be found on Tandem’s website:

<https://tandembloomington.org>

For additional information, contact Julie Duhon, admin@tandembloomington.org, 812-727-0134