

Pregnancy Resources

Pregnancy Resources complements the new 2014 editions of *Beginnings Pregnancy Guide* and *Parents Guide*. Each of these resources has been reviewed and found reliable and easy-to-use. First find your topic, or the page number on which you found essential information in your Guide. Under each topic, links are organized by stage of pregnancy or child age.

To add a resource or let us know about a problem with any of these resources, contact simones@beginningsguides.com.

Beginnings Pregnancy Guide

Prenatal Care

Page 5 "Get prenatal care, you will all be glad you did"

Find affordable healthcare coverage. Health Insurance Marketplace-A new way to get affordable coverage.

<https://www.healthcare.gov>

Find help with child spacing, family planning, pregnancy termination

[Planned Parenthood Federation of America](#) is the nation's leading sexual and reproductive health care provider and advocate.

[Mother's Advocate](#) is dedicated to helping you have the healthiest, safest, most satisfying birth possible. While every birth is unique there is substantial evidence that points to ways you can improve your chances of having the best birth experience. This website offers free video clips and print materials that will educate and inform you on how to have the birth you want for you and your baby.

Ultrasound

Page 8 What is an ultrasound and why do I need one?

Fetal Ultrasound

<http://www.mayoclinic.com/health/fetal-ultrasound/MY00777/METHOD=print>

Pregnancy Nutrition

Page 13 "Nutrition Notes"

Understand which nutrients you need most and where to find them.

Pregnancy diet: Focus on these essential nutrients

A healthy pregnancy diet will promote your baby's growth and development. Understand which nutrients you need most and where to find them.

<http://www.mayoclinic.com/health/pregnancy-nutrition/PR00110>

Foods to avoid during pregnancy

More foods can affect your health or your baby's than you might realize. Find out what foods to avoid during pregnancy.

<http://www.mayoclinic.com/health/pregnancy-nutrition/PR00109>

Childbirth Education and Doulas

Page 41 "Sign up now for childbirth education classes"

Find a childbirth education class near you.

Lamaze is a nonprofit organization that promotes a natural, healthy and safe approach to pregnancy, childbirth and early parenting.

<http://www.lamaze.org/>

The Bradley Method of Husband Coached Childbirth classes stress the importance of Healthy Baby, Healthy Mother and Healthy Families. We attract families who are willing to take the responsibility needed for preparation and birth.

<http://www.bradleybirth.com/>

The International Childbirth Education Association (ICEA) is a professional organization that supports educators and health care professionals who believe in freedom to make decisions based on knowledge of alternatives in family-centered maternity and newborn care.

<http://www.icea.org/>

What is a Doula and where can I find one?

Dona International is the oldest and largest Doula organization in the world.

<http://www.dona.org/>

CAPPA - A Professional Organization for Doulas, Childbirth and Lactation Educators

<http://www.cappa.net>

Breastfeeding

Page 62 "Breast feeding is best"

Breast is best! Find out why and how to ensure the best start.

<http://www.womenshealth.gov/breastfeeding/>

La Leche League International's mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

<http://www.lalecheleague.org/nb/nbbenefits.html>

Break Time for Nursing Mothers Under the Fair Labor

Standards Act (FLSA) outlines basic requirements, under federal law, that employers must meet related to ensuring that nursing mothers can express breast milk during the work day. The employee rights card lists resources where additional information can be obtained and provides information on how to file a complaint with the Department of Labor. The card and a widget are available at <http://www.dol.gov/whd/nursingmothers/nursingmotherscard.htm>

Due Dates

Page 8 "When will baby be born"

Range of Due Dates Better for Expectant Moms

Medpage Today

<http://www.medpagetoday.com/OBGYN/Pregnancy/40890>

Finding Your Most Accurate Due Date

<http://givingbirthwithconfidence.org/2012/03/finding-your-most-accurate-due-date/>

Birth Plan

Page 70 "Childbirth is not a test"

Creating a birth plan is an excellent opportunity to discuss with your partner and your care provider how you would like your birth to be handled. By researching your options you empower yourself to make informed decisions about your care while also planning for the unexpected.

http://kidshealth.org/parent/pregnancy_center/preparing_parenthood/birth_plans.html

Informed Consent

Page 10 "Ask Questions - What is this going to tell us? Why do we need to know?"

Labor Induction

Page 46 "Pregnancy lasts 40 weeks"

Don't rush your baby's birth day

More and more births are being scheduled a little early. Experts are learning that this can cause problems. If possible, it's best to stay pregnant for at least 39 weeks. If your pregnancy is healthy, wait for labor to begin on its own.

<http://www.marchofdimes.com/pregnancy/pregnancy-39weeks.aspx>

Induction of Labor: What You Need to Know

<https://www.childbirthconnection.org/article.asp?ClickedLink=1072&ck=10650&area=27>

Suggestions for Labor Partners

Page 71 "Your supporters role"

Tips and suggestions for partners to help mom physically and emotionally through labor and childbirth.

http://www.babies.sutterhealth.org/laboranddelivery/ld_partners.cfm

Tips for Becoming A Top-Notch Pregnancy Partner

<http://www.lamaze.org/p/bl/et/blogid=2&blogaid=132>

Postpartum Depression

Page 85 "Mothers Warning Signs"

[Postpartum Support International \(PSI\): Get Help](#). Find state and local PSI support coordinators, support groups, telephone support, and local events for women with perinatal mood and anxiety disorders and their families. Includes specialized contacts for dads, military families, and families who speak Spanish or Arabic.

[March of Dimes \(MOD\)](#). Information in English and Spanish about [postpartum depression](#).

[MedEd PPD Postpartum Depression Resource](#). Information about postpartum depression in English and Spanish. Features an online diagnostic test, a symptoms checklist, tips for choosing a mental health professional, personal stories, and answers to frequently asked questions from experts in the field.

[MedlinePlus: Postpartum Depression](#). Links to information in English and Spanish about postpartum depression. Presents a bilingual fact sheet about emotional changes after having a baby. The fact sheet is written in English on one side. The other side is written in Arabic, Bosnian, Chinese, French, Japanese, Korean, Marshallese, Portuguese, Russian, Somali, Spanish, Ukrainian, or Vietnamese.

Newborn Care

How to take your Baby or Toddler's Temperature

Page 92 "How to take your baby's temperature"

How to Choose a Pediatrician

When seeking the best medical care for your children, where should you turn?

<http://www.healthychildren.org/English/family-life/health-management/pages/How-To-Choose-A-Pediatrician.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token>

Miscellaneous



[Smartphone Scanner/Reader Apps for QR Codes](#) – See here a listing of some of the QR Code Reader/Scanner apps that are available on popular smart phones

[QR Codes Explained](#) – A quick and easy explanation of QR Codes, their origin, usefulness, how to read them, and how to create them.

For additional Resources please visit [The Tools for Serving Families](#) page.
To suggest a resource please send us an [email](#).