

Category	Business/Organization	Website	Phone Number	Email	Address	Notes
ONLINE NATIONAL	updated 04/04/2026		www.shellyvarelli.com			
Birth Education	The Bradley Method	www.bradleybirth.com				
Birth Education	Lamaze	www.lamaze.org				
Birth Education	Orgasmic Birth	www.orgasmicbirth.com				
Birth Education	Birth Injury Center	birthinjurycenter.com		info@birthinjurycenter.com		
Birth Education	Preeclampsia Foundation	www.preeclampsia.org				
Birth Education	Cochrane	www.chocrane.org/evidence				
Birth Education	Spinning Babies	https://spinningbabies.com				
Birth Education	Evidence Based Birth	https://evidencebasedbirth.com/				Education and free printable
Breastfeeding Support	National Women's Health and Breastfeeding Helpline	https://womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline	800-944-WOMAN			toll-free # with trained lactation specialists
Breastfeeding Support	Drugs & Lactation Database (LactMed)	https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm			1101 Wootton Pkwy, Rockville, MD 20852	
Breastfeeding Support	MotherToBaby	https://mothertobaby.org	866-626-6847 (text support: 855-999-3525)			Medication/exposure information for pregnancy & lactation
Breastfeeding Support	Healthy Children from American Academy of Pediatrics	www.healthychildren.org				
Breastfeeding Support	La Leche League	https://www.llli.org/		info@llli.org		La Leche League International is a worldwide educational, non-sectarian, not-for-profit, volunteer-based organization. We provide breastfeeding information and support to those who want to breastfeed their infants
Breastfeeding Support	Stanford Medicine's Newborn Nursery	med.stanford.edu/newborns.html				Breastfeeding, Jaundice, Circumcision, Tongue-tie
Breastfeeding Support	KellyMom	https://kellymom.com				Parenting & Breastfeeding education
Car Seat Safety	NHTSA	www.nhtsa.gov/equipment/car-seats-and-booster-seats				Dept of Transportation information on car seat safety
Child loss	Miscarriage Association	https://www.miscarriageassociation.org.uk/your-feelings/				
Counseling	Psychology Today	psychologytoday.com				Resource to assist in finding local support groups and therapists that fit individual needs.
Crisis Numbers	National Domestic Violence Hotline		800-799-SAFE			
Crisis Numbers	PATTCh	pattch.org				Prevention & Treatment of Traumatic Childbirth resources
Crisis Numbers	RAINN	https://www.rainn.org/	800-656 HOPE			National Sexual Assault Hotline- sexual violence/abuse, tips for safety, safety planning, live chat, laws.
Crisis Numbers	National Parent Helpline	www.nationalparenthelpline.org	855-427-2736			M-F, 10am - 7pm PST
Crisis Numbers	Domestic Violence Support	thehotline.org				DV, live chat, safety planning, statistical information, tips on safety,
Food & Nutrition	Food Not Bombs	http://foodnotbombs.net/new_site/				
Parenting Education	The Wonder Weeks	www.thewonderweeks.com				Sleep app
Parenting Education	First Candle	https://firstcandle.org				SIDS prevention/support
Parenting Education	CDC Immunization Schedule	www.cdc.gov/vaccines/schedules/index.html				
Parenting Education	Mr.Dad	https://mrdad.com				Online advise/support for fathers
Parenting Education	Parenting 24/7	parenting247.org				Parenting support/education by Univ. of IL
Parenting Education	Vaccine Information	www.vaccineinformation.org				
Parenting Education	US Consumer Product Safety Commission	www.cpsc.gov				Product safety & recall information
Parenting Education	Healthy child Healthy World	www.healthychild.org				
Parenting Education	Medline Plus	https://medlineplus.gov				
Postpartum	Postpartum Progress	https://postpartumprogress.com				Postpartum mood disorder support blog
Postpartum	Postpartum Support International	www.postpartum.net				

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Prenatal & Postnatal Yoga	Childbirth Connection	www.childbirthconnection.org				
Shelters	Domestic Shelter	domesticshelters.org				find a local shelter, safety planning, articles, self-care.
Smoking Cessation	SmokefreeMOM, a text message program	https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom				
Smoking Cessation	Quit for Two, a government-sponsored program	https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two				
Smoking Cessation	CDC Smoking Cessation Resource Center	https://www.cdc.gov/tobacco/tobacco-features/quitlines.html	1-800-QUIT-NOW			A national portal to a network of state quitlines. Quitlines offer evidence-based support—like counseling, referrals to local programs, and free medication—to people who want to quit tobacco.
Smoking Cessation	Baby & Me-Tobacco Free	https://www.aarc.org/nn18-smoking-cessation-for-pregnant-women/#:~:text=The%20Baby%20%26%20Me%2D%20Tobacco%20Free.for%20women%20to%20quit%20smoking.&text=2.,for%20Disease%20Control%20and%20Prevention				
Support Groups	International Cesarean Awareness Network, Inc. (“ICAN”)	https://www.ican-online.org/	800-686-ICAN Ext. 157			Cesarean education, support & VBAC advocacy
Women's Health	Office on Women's Health	www.womenshealth.gov	800-994-9662			OWN Helpline, 9am-6 pm ET, M-F.