

Pregnancy Resources

Below is a list of websites you can refer to during your pregnancy. If you are interested in purchasing the book, please see the following link: <http://www.acog.org/Patients/ACOG-Pregnancy-Book>

A

Affordable Care Act Breastfeeding Benefits

- www.healthcare.gov/coverage/breast-feeding-benefits/

American College of Allergy, Asthma, and Immunology

- www.acaai.org/allergies/who-has-allergies/pregnancy-allergies

American Heart Association

- www.heart.org

American Medical Association DoctorFinder

- <https://apps.ama-assn.org/doctorfinder/home.jsp>

B

Best for Babes

- www.bestforbabes.org

Birth Control Fact Sheet

- <http://womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.html>

The Bradley Method of Natural Childbirth

- www.bradleybirth.com

Breastfeeding

- www.llli.org

Breech Babies: What Can I Do if My Baby is Breech?

- <http://familydoctor.org/familydoctor/en/pregnancy-newborns/labor-childbirth/breech-babies-what-can-i-do-if-my-baby-is-breech.html>

Breech Birth

- www.nlm.nih.gov/medlineplus/ency/patientinstructions/000623.htm

C

Car Seats: Information for Families

- www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx

Centers for Disease Control and Prevention

- Influenza in Pregnancy: www.cdc.gov/flu/protect/vaccine/pregnant.htm
- Pregnancy & whooping cough: www.cdc.gov/vaccines/adults/rec-vac/pregnant/whooping-cough/index.html
- Vaccine recommendations from the Advisory Committee on Immunization Practices: www.cdc.gov/vaccines/hcp/acip-recs/index.html

Cesarean Delivery

- www.nlm.nih.gov/medlineplus/cesareansection.html

Challenges of Parenting Multiples

- www.asrm.org/FACTSHEET_Challenges_of_Parenting_Multiples/

Childbirth

- www.nlm.nih.gov/medlineplus/childbirth.html

Childbirth: Beyond Labor and Birth

- <http://womenshealth.gov/pregnancy/childbirth-beyond/labor-birth.html>

Childbirth Education

- www.icea.org

Childbirth Problems

- www.nlm.nih.gov/medlineplus/childbirthproblems.html#cat42

Circumcision

- www.healthychildren.org/English/ages-stages/prenatal/decisions-to-make/Pages/Circumcision.aspx

CLIMB: Center for Loss in Multiple Birth, INC.

- www.climb-support.org

The Compassionate Friends

- www.compassionatefriends.org/home.aspx

Cord Blood Collection and Donation

- www.bethematch.org

Crohn's and Colitis Foundation of America

- www.cdfa.org/resources/pregnancy-and-ibd.html

Cystic Fibrosis Foundation

- www.cff.org

D

DONA International

- www.dona.org

E

Ectopic Pregnancy

- www.nlm.nih.gov/medlineplus/ency/article/000895.htm

Epilepsy Foundation

- www.epilepsy.com/learn/gender-issues/women-and-epilepsy

F

Family Medical Leave Act (FMLA)

- www.dol.gov/whd/fmla/

Fetal Macrosomia

- www.mayoclinic.org/diseases-conditions/fetal-macrosomia/basics/definition/con-20035423

Find and Ob-Gyn

- www.acog.org/About_ACOG/Find_an_Ob-Gyn

Fish Consumption Advisories

- <http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/general.cfm>

Fish Consumption Advisories

- <http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/general.cfm#tabs-4>

Food and Drug Administration Pregnancy Registries

- www.fda.gov/ScienceResearch/SpecialTopics/WomensHealthResearch/ecm251314.htm

Food Don'ts

- www.womenshealth.gov/publications/our-publications/pregnancy_food_donts.pdf

Food Safety for Moms-To-Be

- www.fda.gov/food/resourcesforyou/healtheducators/ucm081785.htm

Food Safety for Pregnant Women

- www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm312704.htm

Food Safety for Pregnant Women

- www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312787.pdf

Forceps or Vacuum Delivery

- www.nhs.uk/conditions/pregnancy-and-baby/pages/ventouse-forceps-delivery.aspx

40 Reasons to Go to the Full 40

- www.health4mom.org/zones/go-the-full-40

G

Genetic Disorders, Genomics and Healthcare

- <http://genome.gov/27527652>

Genetic Science Learning Center

- <http://learn.genetics.utah.edu>

Gestational Diabetes

- www.diabetes.org/diabetes-basics/gestational/

Gestational Trophoblastic Disease

- www.nlm.nih.gov/medlineplus/ency/article/007333.htm

Group B Streptococci

- www.groupbstrepinternational.org

H

Having Another Baby

- www.havinganotherbaby.com

Healthcare.gov

- www.healthcare.gov

Healthy Weight Gain During Pregnancy

- <http://resources.iom.edu/Pregnancy/WhatToGain.html>

Hemolytic Anemia

- www.nhlbi.nih.gov/health/health-topics/topics/ha/

High Blood Pressure During Pregnancy

- www.nhlbi.nih.gov/health/resources/heart/hbp-pregnancy

How to Survive Morning Sickness Successfully

- www.motherisk.org/women/morningSickness.jsp

Human Milk Banking Association of North America (HMBANA)

- www.hmbana.org

HypnoBirthing

- www.hypnobirthing.com

I

Immunization for Women

- www.immunizationforwomen.org

Immunizations & Pregnancy

- www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf

Immunization of Pregnant/Breastfeeding Women for Patients

- www.immunizationforwomen.org/patients/Pregnancy/pregnancy.php

Inducing Labor

- www.nlm.nih.gov/medlineplus/ency/patientinstructions/000625.htm

Insure Kids Now

- www.insurekidsnow.gov

The International Association for Medical Assistance to Travelers

- www.iamat.org

International Childbirth Education Association

- www.icea.org

International Lactation Consultant Association

- www.ilca.org

Intrauterine Growth Restriction

- www.nlm.nih.gov/medlineplus/ency/article/001500.htm

Irritable Bowel Syndrome Self Help and Support Group

- www.ibsgroup.org

K

Know Your Family Health History

- www.talkhealthhistory.org

L

La Leche League International

- www.llli.org

LactMed

- <http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Lactose Intolerance

- www.niddk.nih.gov/health-information/health-topics/digestive-diseases/lactose-intolerance/Pages/facts.aspx

Lamaze International

- www.lamaze.org

Lead Pregnancy

- www.cdc.gov/nceh/lead/publicatoin/leadandpregnancy2010.pdf

Lupus Foundation of America

- www.lupus.org/tag/pregnancy

M

Making Sense of Your Genes: A Guide to Genetic Counseling

- www.geneticalliance.org/publications/guidetogeneticcounseling

March of Dimes

- www.marchofdimes.com

Monitoring Your Baby Before Labor

- www.nlm.nih.gov/medlineplus/ency/patientinstructions/000485.htm

Motherisk

- www.motherisk.org
- Mothers of Supertwins (MOST)

MotherToBaby

- www.mohtertobaby.org

My Family Health Portrait Tool

- <https://familyhistory.hhs.gov/FFH/html/index.html>

MyPlate

- www.choosemyplate.gov/pregnancy-breastfeeding.html

N

National Alliance on Mental Illness

- www.nami.org

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

- www.cdc.gov/ncbddd/index.html

National Cord Blood Program

- www.nationalcordbloodprogram.org

National Domestic Violence Hotline

- www.thehotline.org (1-800-799-SAFE (7233))

National Down Syndrome Society

- www.ndss.org

National Eating Disorders Association

- www.nationaleatingdisorders.org/pregnancy-and-eating-disorders

National Endocrine and Metabolic Diseases Information Service

- www.endocrine.niddk.nih.gov/pubs/pregnancy/

National Foundation for Celiac Awareness (NFCA)

- www.celiaccentral.org

National Institute for Occupational Safety and Health (NIOSH)

- www.cdc.gov/niosh/

National Kidney Foundation

- www.kidney.org/atoz/content/pregnancy.cfm

National Multiple Sclerosis Society

- www.nationalmssociety.org/Living-well-with-MS/Family-and-Relationship/pregnancy

National Tay-Sachs & Allied Diseases

- www.ntsad

Newborn Screening Tests

- www.nlm.nih.gov/medlineplus/ency/article/007257.htm

O

Obstetric Ultrasound

- www.radiologyinfo.org/en/info.cfm?pg=obstetricus

Occupational Safety and Health Administration (OSHA)

- www.osha.gov

Overweight and Obesity During Pregnancy

- www.marchofdimes.com/pregnancy/overweight-and-obesity-during-pregnancy.aspx

P

Parents Central

- www.safecar.gov/parents/index.htm

Placenta Accreta, Increta, and Percreta

- www.marchofdimes.org/pregnancy/placental-accreta-increta-and-percreta.aspx

Placental Abruption

- www.nlm.nih.gov/medlineplus/ency/article/000901.htm

Placenta Previa

- www.nlm.nih.gov/medlineplus/ency/article/000900.htm

Preconception Health & Health Care

- www.cdc.gov/preconception

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- www.cdc.gov/preconception/planning.html

Preeclampsia

- www.nlm.nih.gov/medlineplus/ency/article/000898.htm

Preeclampsia Foundation

- www.preeclampsia.org

Pregnancy for Women with Diabetes

- www.diabetes.org/living-with-diabetes/complications/pregnancy/

Preemie Page

- www.healthychildren.org/English/ages-stages/baby/preemie/Pages/default.aspx

Preparing Your Child for a New Sibling

- http://kidshealth.org/parent/emotions/feelings/sibling_prep.html

Preterm Birth

- www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm

Preterm Labor and Preterm Birth

- www.nichd.nih.gov/helath/topics/preterm/Pages/default.aspx

Prevention and Management of Postpartum Hemorrhage

- www.aafp.org/afp/2007/0315/p875.html

R

Recovering From Birth

- <http://womenshealth.gov/pregnancy/childbirth-beyond/recovering-from-birth.html>

Recurrent Pregnancy Loss

- www.reproductivefacts.org/FACTSHEET_Recurrent_Pregnancy_Loss

Rh Incompatibility

- www.nhlbi.nih.gov/health/helath-topics/topics/rh/

S

SAMSHA's National Helpline

- www.samhsa.gov/find-help/national-helpline

Safe Roads/Safe Kids

- www.safekids.org

Sexually Transmitted Infections

- www.cdc.gov/std/default.htm

SHARE: Pregnancy and Infant Loss Support, INC.

- www.nationalshare.org

Sickle Cell Disease Association of America

- www.sicklecelldisease.org/index.cfm

Skin & Hair Changes During Pregnancy

- www.nlm.nih.gov/medlineplus/ency/patientinstructions/000611.htm

Smokefree Women: Pregnancy & Motherhood

- <http://women.smokefree.gov/pregnancy-motherhood.aspx>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- www.fns.usda.gov/wic/women-infants-and-children-wic

T

Thinking About Inducing Your Labor: A Guide for Pregnant Women

- <http://effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?productid=353&pageaction=displayproduct>

Traveler's Health

- www.cdc.gov/travel

U

U.S. Equal Employment Opportunity Commission (EEOC)

- www.eeoc.gov/laws/types/pregnancy.cfm

V

VBAC Calculator

- <https://mfmu.bsc.gwu.edu/PublicBSC/MFMU/VGBirthCalc/vagbirth.html>

W

What I Need to Know About Preparing for Pregnancy if I Have Diabetes

- <http://diabetes.niddk.nih.gov/dm/pubs/pregnancy/>

Why at Least 39 Weeks Is Best for Your Baby

- www.marchofdimes.com/pregnancy/why-at-least-39-weeks-is-best-for-your-baby.aspx