

Online Pregnancy Resource Center

Pre-pregnancy

» Family Planning

- <https://mihp.utah.gov/before-pregnancy>
- <http://www.babyyourbaby.org/pregnancy/before-pregnancy/>
- <https://americanpregnancy.org/>
- <https://www.whattoexpect.com/>

» Getting Healthy

- Lose Weight
- Stop Smoking
- Stop Drinking Alcohol
- Take Folic Acid/Prenatal Vitamin
- Update Immunizations- Self and other family members
- Am I ready for (another) baby?
- <https://www.cdc.gov/vaccines/pregnancy/index.html>

Pregnancy

- <https://mothertobaby.org/>
- <https://www.acog.org/Patients>
- <https://www.whattoexpect.com/pregnancy/>
- <https://mihp.utah.gov/during-pregnancy>

» Morning Sickness

- <https://www.acog.org/patient-resources/faqs/pregnancy/morning-sickness-nausea-and-vomiting-of-pregnancy>

» Cramps/Spotting

- <https://www.acog.org/patient-resources/faqs/pregnancy/bleeding-during-pregnancy>

» Back Pain During Pregnancy

- <https://www.acog.org/womens-health/faqs/back-pain-during-pregnancy>

» Prenatal Genetic Testing

- <https://www.acog.org/Patients/FAQs/Genetic-Disorders>

» Depression

- <https://www.acog.org/womens-health/faqs/depression>
- <https://www.postpartum.net/learn-more/depression-during-pregnancy-postpartum/>

» Eating Healthy

- <https://www.acog.org/womens-health/faqs/healthy-eating>

» Weight Gain

- <https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-pregnant-women>

» Exercise

- <https://www.acog.org/Patients/FAQs/Exercise-During-Pregnancy>
- <https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>

» Food Safety

- <https://www.fda.gov/food/people-risk-foodborne-illness/while-youre-pregnant-tips-food-safety-moms-be>

» Miscarriage

- <https://mihp.utah.gov/during-pregnancy/miscarriage>
- <https://www.acog.org/Patients/FAQs/Repeated-Miscarriages>

» Flu Shot/Immunizations During Pregnancy

- https://www.cdc.gov/flu/pdf/freeresources/pregnant/flushot_pregnant_factsheet.pdf
- <https://www.Healthychildren.org/English/safety-prevention/immunizations/Pages/Immunizations-During-Pregnancy.aspx>

» If You're Pregnant, Don't Drink

- https://www.cdc.gov/alcohol-pregnancy/about/index.html?CDC_AAref_Val=https://www.cdc.gov/ncbddd/fasd/alcohol-use.html

» Smoking and Pregnancy

- <https://www.cdc.gov/tobacco/about/cigarettes-and-reproductive-health.html>

» Gestational Diabetes

- https://www.cdc.gov/diabetes/about/gestational-diabetes.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/basics/gestational.html

» Type 1 Diabetes and Pregnancy

- <https://www.cdc.gov/pregnancy/during/index.html>

» Childbirth/Prenatal Classes

- <https://americanpregnancy.org/labor-and-birth/childbirth-education-classes/>

» Fetal Kick Counts

- <https://mihp.utah.gov/wp-content/uploads/kickcounts.pdf>

» Breastfeeding

- <https://www.womenshealth.gov/breastfeeding/>

» Labor

<https://www.acog.org/Patients/FAQs/How-to-Tell-When-Labor-Begins>

» Pain Relief During Labor

<https://www.webmd.com/baby/guide/pregnancy-pain-relief#1>

» Breech

<https://www.acog.org/womens-health/faqs/if-your-baby-is-breech>

» C-Section/VBAC

<https://www.acog.org/patient-resources/faqs/labor-delivery-and-postpartum-care/cesarean-birth>

<https://www.acog.org/womens-health/faqs/vaginal-birth-after-cesarean-delivery>

» Car Safety for Pregnant Women, Babies & Children

<https://www.acog.org/patient-resources/faqs/pregnancy/car-safety-for-pregnant-women-babies-and-children>

» Oral Health

<https://mihp.utah.gov/during-pregnancy/get-oral-health-care>

» Preeclampsia/HTN During Pregnancy

<https://www.acog.org/patient-resources/faqs/pregnancy/preeclampsia-and-high-blood-pressure-during-pregnancy>

» Travel

<https://www.acog.org/patient-resources/faqs/pregnancy/travel-during-pregnancy>

Postpartum

<https://thebreastfeedingcompanion.com/>

<https://maternalmentalhealth.utah.gov/>

<https://mothertobaby.utah.gov/>

» Postpartum Depression

<https://www.postpartum.net/learn-more/depression-during-pregnancy-postpartum/>

» Bringing Baby Home

<https://kidshealth.org/en/parents/guide-parents.html>

» Breastfeeding/Pumping/Engorgement/Low Milk Supply

<https://www.whattoexpect.com/pumping-breast-milk.aspx>

<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Engorgement.aspx>

<https://lllusa.org/low-milk-supply/>

» Getting in Shape/Losing Weight

https://www.babycenter.com/0_postpartum-exercise-is-your-body-ready_196.bc

<https://mihp.utah.gov/after-pregnancy/how-can-i-get-back-to-my-pre-pregnancy-weight>

» Birth Control

https://www.babycenter.com/0_birth-control-choices-after-you-have-a-baby_3755.bc

<https://www.fda.gov/consumers/free-publications-women/birth-control>

» Returning to Work

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/returning-to-work-after-maternity-leave>

<https://www.whattoexpect.com/first-year/returning-to-work-after-maternity-leave-emotions>

» Bonding with Baby

<https://kidshealth.org/en/parents/bonding.html?WT.ac=ctg#catcommunicating>

» Tdap

<https://www.cdc.gov/pertussis/downloads/fs-protecting-before-birth.pdf>

<https://www.cdc.gov/pertussis/vaccines/index.html>

Birth 0-1 Year

<https://www.healthychildren.org/English/Pages/default.aspx>

<https://mihp.utah.gov/after-pregnancy>

» Vaccinations

https://www.cdc.gov/vaccines/imz-schedules/child-easyread.html?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html

» Calm a Fussy Baby

<https://mihp.utah.gov/wp-content/uploads/stepping-up-calm-a-fussy-baby-FINAL.pdf>

» Safe Sleep/Sleep

<https://kidshealth.org/en/parents/sleepnewborn.html>

» Car Safety

<https://www.utahsafetycouncil.org/uploads/PDFs/Most-Common-Carseat-Mistakes.pdf>

» Colic

<https://kidshealth.org/en/parents/colic.html>

» Jaundice

<https://kidshealth.org/en/parents/jaundice.html>

» Teething

<https://kidshealth.org/en/parents/teething.html>

» Pets

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Before-Choosing-a-Pet.aspx>

» Growth

<https://kidshealth.org/en/parents/growth-charts.html>

» Solid Food

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Tips-for-Introducing-Solid-Foods.aspx>

» **Allergies**

<https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Allergies.aspx>

» **Child Safety**

<https://kidshealth.org/en/parents/safety-falls.html>

» **Oral Health – Infants & Toddlers**

<https://kidshealth.org/en/parents/start-brushing-teeth.html>

12-24 Months

<https://www.whattoexpect.com/toddler/>

<https://www.healthychildren.org/English/ages-stages/toddler/Pages/default.aspx>

<https://kidshealth.org/en/parents/learn12yr.html>