

# Contacts & Resources



**PLEASE BE ADVISED: Do not use the phone numbers or email addresses listed if you are having any pain, bleeding or you feel as if there is something wrong. Call your healthcare provider immediately, head to your hospital's emergency room or dial 911 for help.**

**For questions related to this Online Childbirth Education Program, please call 817.514.5277**

[Find a Doctor](#)

## Safety-related Baby Resources

[www.recalls.gov](http://www.recalls.gov)

Recalled products (mainly children's car seats!); safety information, follow-up instructions, contact information.

[www.safekids.org](http://www.safekids.org)

Infant and child safety, car seat information, link to local car seat inspection stations by zip code.

[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

National Highway Traffic Safety Administration – Recommends federal safety guidelines for car seats and certifies Child Passenger Safety Technicians (car seat inspectors).

## Breastfeeding Resources

[www.ilca.org](http://www.ilca.org)

International Lactation Consultants Association

[www.bfmed.org](http://www.bfmed.org)

Academy of Breastfeeding Medicine

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

Breastfeeding information

[www.ibreastfeeding.com](http://www.ibreastfeeding.com)

Link to site of Thomas Hale, PhD, RPh, expert on medications and mother's milk

[www.hmbana.org](http://www.hmbana.org)

Human Milk Bank Association of North America

[www.lalecheleague.org](http://www.lalecheleague.org)

La Leche League (breastfeeding support)

[www.who.int/topics/breastfeeding/en](http://www.who.int/topics/breastfeeding/en)

World Health Organization

## Baby-related Resources

[www.aap.org](http://www.aap.org)

American Academy of Pediatrics

[www.aafp.org](http://www.aafp.org)

American Association of Family Practice

[www.askdrsears.com](http://www.askdrsears.com)

Pediatrician and author, William Sears, MD

[www.pampers.com](http://www.pampers.com)

The Pampers Parenting Institute – Information and independent advice from experts

[www.eatright.org](http://www.eatright.org)

American Dietetic Association

[www.pediatrics.org](http://www.pediatrics.org)

Journal of Pediatrics

[www.attachmentparenting.org](http://www.attachmentparenting.org)

Attachment Parenting International

[www.gfi.org](http://www.gfi.org)

Growing Families International (“Babywise”)

[www.collabforchildren.org](http://www.collabforchildren.org)

Offers programs and services to improve the quality of early childcare and education

## Multiples Resources

[www.nomotc.org](http://www.nomotc.org)

National Organization of Mothers of Twins Clubs

[www.karengromada.com](http://www.karengromada.com)

Site of the author of *Mothering Multiples*. Extensive information, including breastfeeding multiples

[www.twinsmagazine.com](http://www.twinsmagazine.com)

Site of the magazine especially for families with twins

[www.twinconnections.com](http://www.twinconnections.com)

Resources for families with twins

[www.tripletconnection.com](http://www.tripletconnection.com)

Resources for families with triplets

[mayoclinic.com/health/pregnancy/PR00107](http://mayoclinic.com/health/pregnancy/PR00107)

“Pregnancy bed rest: When it’s needed, what it means”

[www.webmd.com/baby/tc/pregnancy-tips-for-dealing-with-bed-rest-topic-overview](http://www.webmd.com/baby/tc/pregnancy-tips-for-dealing-with-bed-rest-topic-overview)

Tips for dealing with bed rest

[www.sidelines.org](http://www.sidelines.org)

Sidelines – The support organization for mothers experiencing high risk pregnancy

[www.ttsfoundation.org](http://www.ttsfoundation.org)

The Twin to Twin Transfusion Syndrome Foundation

[www.prematurity.org](http://www.prematurity.org)

Information and resources about premature infants



### LA LECHE LEAGUE INTERNATIONAL

This organization is dedicated to providing education, information, support and encouragement to women who choose to breastfeed. There are many local chapters around the Dallas/Fort Worth area. Click here to find the group nearest you: [www.llli.org](http://www.llli.org).

### NEW MOMS LACTATION SUPPORT

For new moms and babies, birth to six weeks. This group provides encouragement and information. It is led by certified Lactation Consultants.

### SUPPORT GROUPS FOR PARENTS

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- There is \_\_\_\_\_ fee to attend our support groups
- \_\_\_\_\_ registration is required
- Parking is \_\_\_\_\_
- Complimentary valet parking is available at the main entrance of the hospital
- Call \_\_\_\_\_ or click here for current times and locations of meetings