



# Helpful Resources for Expectant Parents

The following resources provide information on some of the numerous organizations that inform, educate and support expectant parents. By educating yourself on birthing methods, breastfeeding techniques and parenting issues, you can help make your prenatal, childbirth and parenting experiences more pleasant and rewarding.

*Note*—This list is not intended to be entirely comprehensive; it is intended to provide you with a starting point for obtaining information. The organizations listed here should be considered referrals only. Only you can determine the appropriateness of a particular resource.

## **American College of Obstetricians and Gynecologists (ACOG)**

409 12th St., S.W., PO Box 96920  
Washington, D.C. 20090  
202-638-5577

ACOG is the nation's leading group of professionals providing health care for women. Use the online locator to find an obstetrician or gynecologist in your area. Patient education materials on a variety of women's health issues are available in the "Publications" section (select "Patient Education Pamphlets").

## **American Academy of Pediatrics (AAP) National Headquarters**

141 Northwest Point Boulevard  
Elk Grove Village, IL 60007  
847-434-4000  
www.aap.org

The AAP works for the health, safety and well-being of infants, children, adolescents and young adults. Through the web site parents can access a wealth of information regarding child health and development from birth through age 21. In addition, the AAP sells publications on raising a child from birth through adolescence. Use the online locator to find a pediatrician in your area.

## **BabyCenter**

www.babycenter.com

This web site helps expectant and new parents locate information and support on health issues, pregnancy and more.

## **Lamaze International™**

2025 M Street, NW, Suite 800  
Washington, DC 20036  
800-368-4404  
www.lamaze.org

This nationwide organization promotes normal, healthy and fulfilling childbearing experiences for women and their families through education, advocacy and reform. Call or visit the web site for assistance locating a Lamaze-certified childbirth educator in your area. The web site also offers access to educational materials, information on selecting a childbirth class and tips for a healthy pregnancy.

## **American College of Nurse-Midwives (ACNM)**

8403 Colesville Road, Suite 1550  
Silver Spring MD 20910  
240-485-1800

www.midwife.org (ACNM main site)  
www.mymidwife.org (Midwife Information)  
www.gotmom.org (Breastfeeding Information)

The American College of Nurse-Midwives (ACNM), which accredits midwifery education programs and establishes clinical practice standards, offers information to the general public on the benefits of using a midwife, information on pregnancy, breastfeeding and infant care, and referrals to midwives. Use the online locator to find a midwife in your area.



### **Bradley Method®**

PO Box 5224  
Sherman Oaks, CA 91413  
800-4-A-BIRTH (800-422-4784)  
www.bradleybirth.com

The Bradley Method is a form of natural childbirth that emphasizes a calm and relaxed attitude to avoid the use of medication. Expectant parents are taught about natural childbirth, labor coaching and normal variations in labor and birth. Bradley Method educators are certified annually by the Academy of Husband-Coached Childbirth. Call or visit the web site for course information and to locate an instructor in your area.

### **Doulas of North America (DONA)**

PO Box 626  
Jasper, IN 47547  
888-788-DONA (3662)  
www.dona.org

Doulas of North America (DONA) is an international association of doulas who are trained to provide the highest quality emotional, physical and educational support to women and their families during and after childbirth. Call or visit the web site for assistance in locating a doula in your area, information on doula certification and questions to ask when selecting a doula.

### **American Association of Birth Centers (AABC)**

3123 Gottschall Road  
Perkiomenville, PA 18074  
866-54-BIRTH (542-4784)  
www.birthcenters.org

This nonprofit organization is a comprehensive resource on birth centers. Get answers to frequently asked questions about birthing centers, visit the “Expectant Parents Learning Center” (select the “Library” tab) and use the “Find a Birth Center” tool to locate a birth center in your area.

### **Breastfeeding National Network (BNN) Medela®, Inc.**

1101 Corporate Drive  
McHenry, IL 60050  
800-TELL YOU (800-835-5968)  
www.medela.com/NewFiles/bnn.html

This national support group offers breastfeeding support 24 hours, seven days a week. It provides information on breastfeeding products; locating a lactation consultant to assist with breastfeeding questions and issues; and answers to common problems and questions. Call or visit the web site for more information.

### **La Leche League International**

P.O. Box 4079  
Schaumburg, IL 60168  
800-LALECHE (525-3243)  
www.lalecheleague.org

La Leche League International helps mothers worldwide breastfeed through mother-to-mother support, encouragement, information and education. The group’s aim is to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. It offers telephone counseling 24 hours per day and access to an extensive library of breastfeeding literature. Call or visit the web site to locate a La Leche League Group or Leader in your area. The web site also offers an index of La Leche League Groups as well as online chats, breastfeeding articles and answers to frequently asked questions about breastfeeding.

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