

Pregnancy Resource List:

Important Information

Hospital Phone number:
My Doctor:
OBGYN Address:
Birthing Hospital Address:

Baby Name:
Due Date:
Birthdate:
Height:
Weight:

Health Insurance:

Health Insurance Name:

Parent #1 Number:

Parent #2 Number:

Child's ID Number:

REGISTRY:

Amazon - https://www.amazon.com

www.Target.com

www.Babylist.com



Month By Month

Month 1 (4weeks) JULY



- ☐ How I'm Feeling:
- ☐ Health Care Checklist:
- ☐ Budget / Things You Bought
- $

What to Expect:

During your first month of pregnancy, you might not notice any obvious symptoms. One telltale sign for some is light spotting, which can indicate that an embryo has attached to the wall of your uterus. Typical month 1 symptoms include feeling more tired than usual, having to pee way more often, tender or painful breasts and morning sickness.

The process of pregnancy starts when an egg is fertilized with a single sperm, which creates a zygote. The zygote starts dividing and becomes an embryo as it travels down the fallopian tubes and attaches to the uterine wall -- a process that takes several days. If it successfully attaches, you're pregnant. If not, you'll have a period, shedding the uterine lining and the embryo.

Month 2 (8 weeks) AUGUST



- How I'm Feeling:
- Health Care Checklist:
- Budget / Things You Bought
- $

What to Expect:

By month 2, you've likely already seen an obstetrician and gotten an ultrasound to see the developing embryo. If you didn't experience symptoms in the first month, you will now. Expect morning sickness, tender breasts, heartburn and a faster heart rate because your body produces more blood to support the baby.

Your baby goes through a lot of changes this month. The heart develops and starts beating. The beginnings of the spinal cord, brain and nervous system start to form, the umbilical cord develops and the buds of arms and legs sprout. Fingers, toes, eyes and ears start to form as well, closer to the end of month two.

Month 3 (12 weeks) SEPTEMBER



- How I'm Feeling:
- Health Care Checklist:
- Budget / Things You Bought
- $

What to Expect:

Congrats, you've made it to month 3! This is the time many parents-to-be start telling friends and family because the risk of a miscarriage goes down significantly.

The downside is that the symptoms from month two might get worse (sorry). You'll notice your breasts growing and areolas getting darker. If you have acne, you might get more breakouts this month.

By month three, the embryo becomes a fetus. This is the time where the internal sex organs develop into the final forms -- either ovaries and a

uterus or testes and a penis. Early bones that started forming last month begin to harden and all of the organs have formed.

Second Trimester

Month 4 (16 weeks) OCTOBER



- ☐ How I'm Feeling:
- ☐ Health Care Checklist:
- ☐ Budget / Things You Bought
- $

What to Expect:

You're almost halfway through pregnancy now, and you might be able to determine the baby's sex on an ultrasound. Your heart is still pumping fast to move extra blood for you and the baby, so it's normal if you feel dizzy or out of breath. That extra blood may cause nosebleeds or bleeding gums. You might also experience constipation, some back pain and start to notice a small baby bump forming.

Month 5 (20 weeks) March



- [ ] How I’m Feeling:
- [ ] Health Care Checklist:
- [ ] Budget / Things You Bought

- $

What to Expect:

While you might not get full-on kicks yet, during month 5, you'll start to feel flutters of movement as your fetus moves in the womb. Muscles are developing and hair starts to grow on the baby's head.

Expect the same symptoms as month 4: heartburn, constipation and shortness of breath. You'll also likely need new bras as your breasts go up a cup size or two.

Month 6 (24 weeks) April



- How I'm Feeling:
- Health Care Checklist:
- Budget / Things You Bought
- $
-

What to Expect:

Your baby will be moving quite a bit by now: You'll start to feel when they hiccup, kick and rotate in the womb. You might notice more constipation, bleeding gums and leg cramps than before. You might also start producing colostrum, the first stage of developing breast milk.

Braxton-Hicks contractions can pop up in month six. These contractions are usually painless and are normal -- it's just your body getting ready for labor. But if they are painful or happen often, call your doctor.

The medical community generally considers a fetus to be viable (meaning it can survive outside of the womb with medical interventions) at 24 weeks. Even with those interventions, there's a significant risk that the baby will not survive.

A fetus born before 24 weeks might be able to survive, but only with specialized medical care. Even then, there's only about a 6% chance that the baby will live.

Month 7 (28 weeks) May



- ☐ How I’m Feeling:
- ☐ Health Care Checklist:
- ☐ Budget / Things You Bought
- $
-

What to Expect:

The seventh month of pregnancy likely won't feel any different than month 6. You'll have the same symptoms as before and should have a noticeable baby bump by now.

Your baby starts gaining body fat and its ears are fully developed, so it will respond to sounds and music. This is also the stage where you could have a baby prematurely and they are likely to survive with medical care. Babies are still considered "extremely preterm" before 28 weeks and are at increased risk of long-term health issues.

Third Trimester

Month 8 (32 weeks) June



- [ ] How I’m Feeling:

- [ ] Health Care Checklist:
- [ ] Budget / Things You Bought
- $
-

What to Expect:

By now, you're feeling the effects of carrying around a nearly full-term baby, including back pain and loose joints. Your belly will likely be sporting stretch marks as your fast-growing fetus makes your abdomen expand quickly. Your uterus is going to start pressing against your bladder, meaning you'll have to pee a lot more often.

The upside? Those pregnancy hormones make your hair look more full and healthy.

Month 9 (36 weeks) July



- [ ] How I'm Feeling:
- [ ] Health Care Checklist:
- [ ] Budget / Things You Bought
- $

What to Expect:

You're almost there! In month nine, you'll feel the same symptoms as month 8, including varicose veins, stretch marks and fatigue. Because your belly is at its largest point, you might have trouble getting comfortable to sleep.

Your baby is fully developed by now with working lungs and coordinated reflexes. They can survive outside the womb just fine.

Month 10 (40 weeks) August



- [ ] Wow, You made it!



- Name:
- Birth info:
- My health:
- Baby health:
- Astological Sign:

- Birthstone -

☐ Health Care Checklist
-

☐ Budget / Things You Bought
-

What to Expect:

Popular culture says that pregnancy lasts nine months, but most people actually deliver between nine and 10 months. Forty weeks is considered full term, but babies can be born later than that.

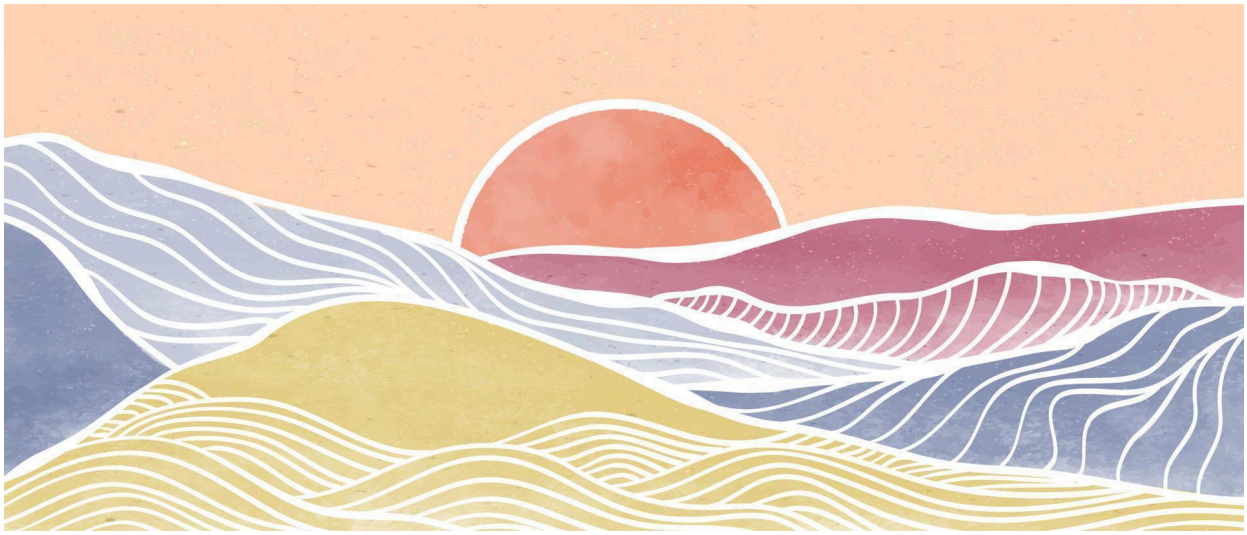
Congrats! By month 10 your baby is ready to be born. If your fetus drops before delivery, it'll put more pressure on your bladder and you're going to need to pee frequently. Be on the lookout for signs of labor, such as contractions that happen on a consistent schedule. Most babies are born between weeks 39 and 41, so you are extremely close to becoming a parent

Things I Love Eat

-

Things I Don’t Like Now

-



Educational Videos:

Birth Plans for Black Moms | Overdue

More Resources
https://www.youtube.com/@matermea

Child Friendly Video Links:

Monica Circle Time
https://www.youtube.com/@MonicaJSutton

African Village life cooking
https://www.youtube.com/watch?v=P4vNKtZuJfA

Tab Time how things grow
https://www.youtube.com/watch?v=zUTZEk32tc8&list=PLtxI2TEY3Ip9Kj2VhmewppyilSK96zYRd

Baby Learning with Ms. Rachel
https://www.youtube.com/watch?v=zmEv7vTOQGE&t=1427s

Storybots learn to read
https://www.youtube.com/watch?v=xIm7driNcUI

Sesame Street
https://www.youtube.com/@SesameStreet

Super Sema
https://www.youtube.com/@supersemaofficial/videos

The Very Hungry Caterpiller story book
https://www.youtube.com/watch?v=75NQK-Sm1YY&list=PL0tJIPp9Q_nwZonbR3RqPxIhQnl_6ueWs

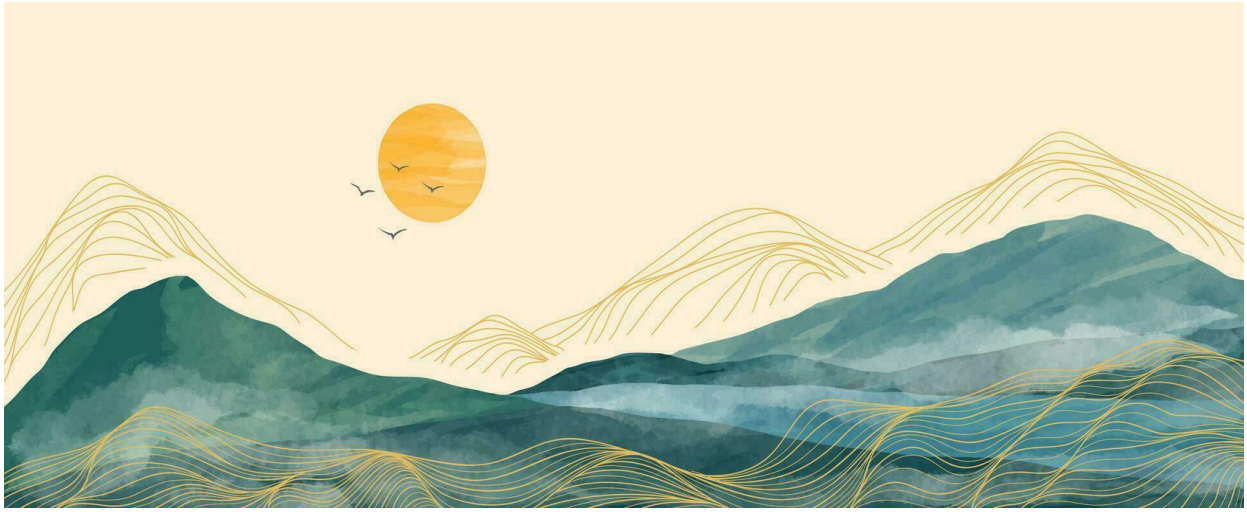
Curious George
https://www.youtube.com/watch?v=zcnkA83gBp0

Experiments
https://www.youtube.com/@STEAMKidsGalaxy/videos

ABC Song + more Complilation
https://www.youtube.com/watch?v=Z-8pf2Zjpp8

Gracie's Corner Sleep Song extended
https://www.youtube.com/watch?v=zgN0VCF50_Q&t=3158s

Kidstv123 (music playlist)
https://www.youtube.com/watch?v=Ks_Hkx9oxiI&list=PL9bsPVRSg1smOjLHAKibVAXoSs0ITQmGe



Black Women Doula/ Midwives:

Free Breast Pump Through Insurance
https://acelleron.com/?mc_cid=4d21c2fa38&mc_eid=f985eeb9a4

Lactation Consultant: www.nestcollective.com

https://www.herewegrowco.com/contact - Love their website

Nicole Miles - Birthworker (Virtual) - www.busybirthworker.com IG @ busybirthworker_nicole

Recommended Midwife - Only does Home birth - Khadijah Cisse - https://birthinpeace.com/

Steffir - Birthwork, Photography, and Therapy - https://birthlooms.mypixieset.com/

Hypno Birthing - Deep Meditation to help with delivery and birthing



Hospitals for Birth and Birthing Classes:

https://bostonobgyn.org/patient-resources/

Birthing Claaases - $135 but insurance may cover it
https://www.eventbrite.com/e/bidmc-remotelive-4-hour-birth-class-new-dates-always-being-added-tickets-1252285933939?aff=erelexpmlt

Offer free Monday prenatal yoga classes:
https://www.bidmc.org/centers-and-departments/obstetrics-and-gynecology/programs-and-services/pregnancy/childbirth-education-and-tours

https://zoom.us/meeting/register/tJYtduCorDwuG9Q1aEGeVMzFdIcIbVkJTJwo

Free Baby Academy Class
https://yourbabyacademy.com/free-class/free-baby-care-class-onlinelandingpageus/?utm_source=facebook&utm_medium=cpc&utm_campaign=TRGT_US_SubmitApplication_13.02.2014_Lead+-+%E2%82%AC15+-+M+-+15,000+-+D+-+492&utm_content=Ad+-+56+-+Static+-+img-White-Space-Gender-Reveal-V2_SubmitApplication_LP-Free-online-workshop_LowestCost_SignUp_Core&fbclid=IwZXh0bgNhZW0BMABhZGlkAasYe49UI_MBHWn25iXd-p-kwy7ZIK7fpCGcm91RGuXkPTaCEpon1qI6M_0_YvnY6eNuwQ_aem_dZp-1qMgsI1oa_jmv3b8YA&utm_id=120204582291820259&utm_term=120214143626380259

Beth Israel -
https://www.bidmc.org/centers-and-departments/obstetrics-and-gynecology/programs-and-services/pregnancy/labor-and-delivery

Tufts Health Plan - Connected Hospitals
https://tuftshealthplan.com/documents/employers/general/tufts-health-plan-hospitals

(Lactation resources)

Boston Naps (South Boston)
Coco beans every other Thursday 12-1 lactation group in JP

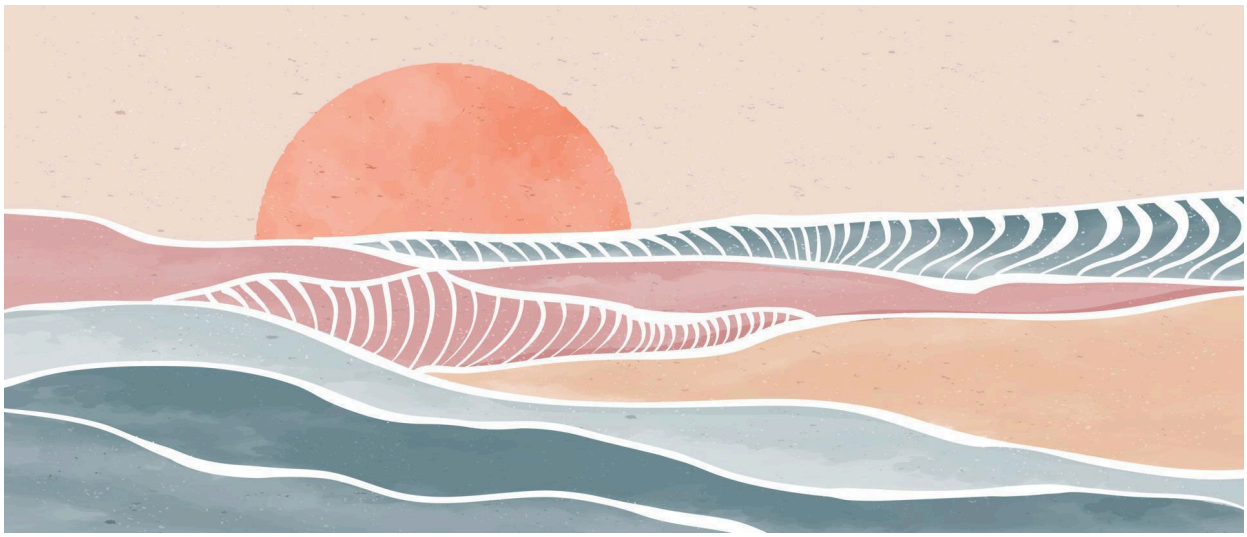


Books/eBooks:

What to Expect When You’re Expecting 4th ED
https://www.pdfdrive.com/what-to-expect-when-youre-expecting-e191320837.html

The Baby Book: Pregnancy, Birth, Baby & Childcare from 0 to 3
https://www.pdfdrive.com/the-baby-book-pregnancy-birth-baby-childcare-from-0-to-3-e187718154.html

Baby Food Recipes
https://www.pdfdrive.com/little-foodie-baby-food-recipes-for-babies-and-toddlers-with-taste-e200685682.html



Therapy Resources - Initial Search

- TherapyForBlackGirls.com
- TherapyForBlackMen.org
- InnoPsych.com
- NQTTCN.com
- OpenPathCollective.org
- PsychologyToday.com

Appointments:

https://www.altruisticash.co/work-with-me Free consultation virtual (She's really good, just full price)

https://myselfoath.org/

https://www.authcarecounsel.com/contact Free 15 minute consultation Email therapy@authcarecounsel.com)

https://claritycounselingwellness.com/ $150 per session

https://wellnessfortheculture.com/

https://llbh-llc.com/ $250 initial intake ,$180 after (Tufts Public/Commercial)

https://www.renewedinergy.com/faq $150-75 initial, $100-50 returning

https://www.activatedbywellness.com/fees-and-services $145 individual

https://www.innergycounseling.com/contact $150-75 tele health

Focusing on Postpartum:

Steffie (she's a friend of mine, she couldn't be mine but she might be able to be yours especially with an art/ expressive therapies focus)
https://www.abucketforthewell.com/natal-bucket



CPR Notes:

From www.elearning.heart.org

- Remember you can do CPR without doing the breathe - But best to do breath on infants and toddlers
- Look into getting an AED device (Check Amazon) and other emergency equipment

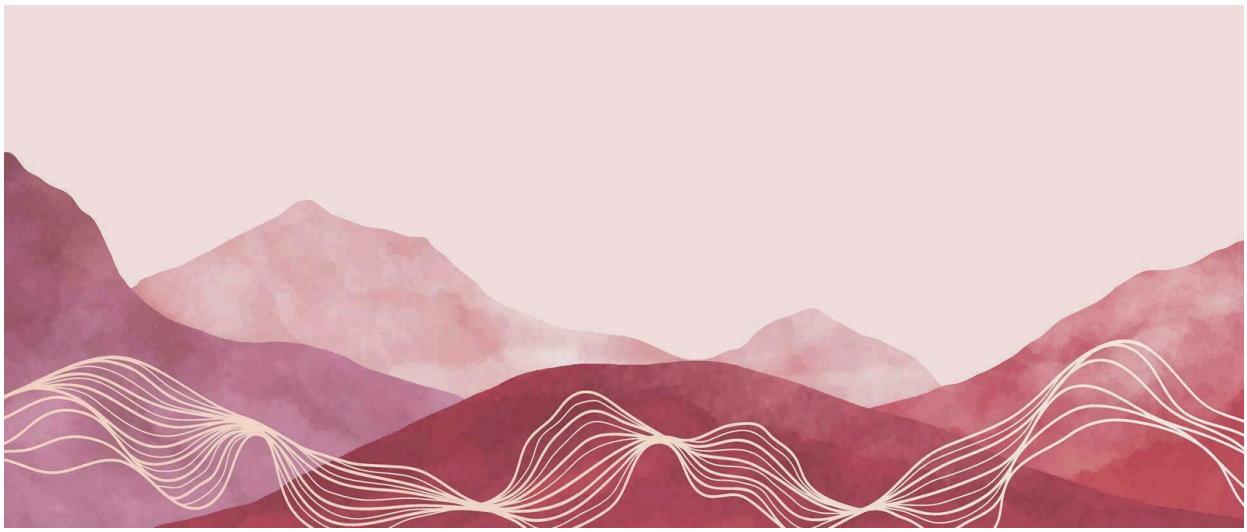
Mild Airway Blocks / Choking

- Abdominal upward thrusts hug body above the naval
- If you can see the item in the mouth, take it out. If you cannot see the object DON'T STICK YOUR FINGER IN THERE, it may push it further back or further panic baby

Water Competency / Drowning

- Life Jackets, Life Guards, Swimming Lessons after age 1
-

-Step 1 - Tap and see if they are responsive
-Step 2 - Try to get an AED
-Step 3 - Check the chest to see if they are breathing
-Step 4 - Start chest compressions (over clothes or under chest) 30 check compressions then 2 breaths while holding the nose
-Step 5 - If there is an AED remove clothes on the chest, follow instructions in the box, remove all hands and shock once
-Step 6 - If unresponsive do 30 more compressions and 2 breaths



Birthing Class:

https://bostonobgyn.org/patient-resources/

You Can Take these classes either Saturday April 5th or 12th 2025! - for $135 but insurance may cover it
https://www.eventbrite.com/e/bidmc-remotelive-4-hour-birth-class-new-dates-always-being-added-tickets-1252285933939?aff=erelexpmlt

NOTES:

Phone numbers -

Patient registration- 617-754-8240

Anesthesia- 617 667 -3112(class every 3 months)

Your OB Office phone number!

Your pediatrician- name/phone number/address.

- Kiegel exercises - sit on toilet and control pee stream
- Further into Pregnancy
    - 37 Weeks - GBS Swab and effacement & dilation - would need IV if you are GBS positive
    - More lung capacity - stay hydrated!
    - In labor change position and urinate every hour
    - Active labor takes 3 - 5 hours to confirm
    - Know when to go to the hospital when they are 5 minutes apart lasting 1 minute for 1 hour
    - If you are not in active labor you might get send home

True vs. Warm-Up Labor page 15

True Contractions	Warm-Up Contractions
Eventually tighten the entire uterus	Tighten portions of the uterus
Grow closer together	Have no regular pattern
Usually cause pressure on the lower back and/or lower belly	Don't usually cause back pressure
Last longer over time	Ease up over time
Do not stop when you change your activity, and walking may make them stronger	May stop when you change your activity by resting, walking, or taking a warm bath
Become stronger over time	Lose intensity over time
Cause the cervix to thin and open	Do not cause the cervix to change

What to pack/bring for Labor

Comfortable clothes for you and your support person, make sure to bring layers and changes of clothing if labor/induction takes a long time.

Anything that will help you stay relaxed and comfortable such as massage tools and lotions, music, plug in diffusers, battery operated candles etc.

You may want to bring personal items such as glasses, contact lens case, toothbrush and toothpaste, deodorant, hairbrush, head band and /or hair elastic, chap stick etc.

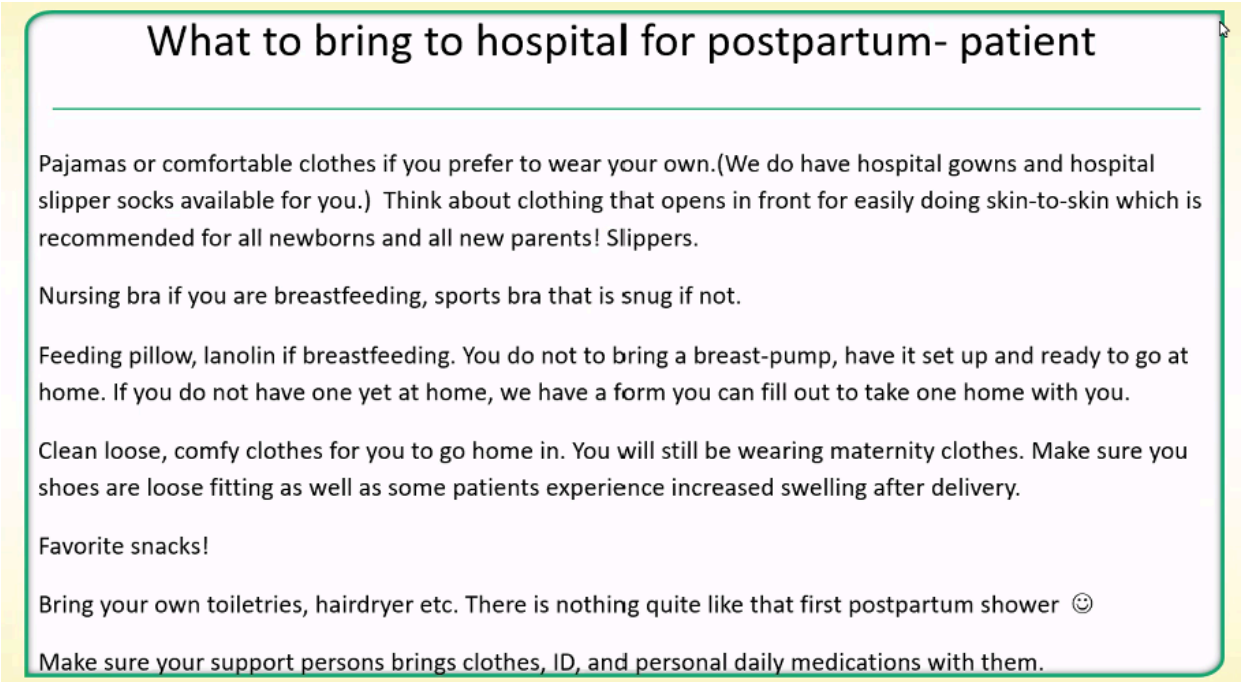
Bring some easy to digest snacks, and your favorite beverage if it isn't juice r water. K-cups for your support person if they are coffee people!

Phone, camera, charging cords(x-tra long) and wall adapters

Photo ID and insurance card.

- Hydro-therapy - each room has a shower, one labor room here has a tub. Can't reserve ahead of time
- Offer free Monday prenatal yoga classes:
    - https://www.bidmc.org/centers-and-departments/obstetrics-and-gynecology/programs-and-services/pregnancy/childbirth-education-and-tours
    - https://zoom.us/meeting/register/tJYtduCorDwuG9Q1aEGeVMzFdIcIbVkJTJwo
- Medical Methods for labor

    - Induction - Pitocin (IV drug) and other cervix ripening agents helps to start labor
    - Pain relief
        - Analgesics - relaxes you through IV or injection, dulls pain but doesn't get rid of it - can get multiple doses every 4 hours. If they think you won't deliver within 4 hours cuz it will effect baby - Can use with Epidural
        - Epidural means you are not allowed out of bed - and need IV fluids - more equipment involved - can lower blood pressure and no longer allowed to eat solid food - insert a catheter - very effective pain relief - takes 15 minutes to kick in - doesn't effect baby - can cause continues headaches
        - Augmenting Labor - using medical equipment to encourage contractions to speed up - breaking waters/amniotomy - doe not always shorten labor - risk of infection
        - Interventions - if you need extra help they use forceps or vacuum extractor - could cause more tearing, bruising on baby head
            - Episiotomy's - cutting the perineum to open up the vaginaaaa
- C-Section - safest birth process
    - Planned - medical condition, multiple babies, previous c section
    - Unplanned - abnormal heart rate, baby strange position, low amniotic fluid
    - Emergency - cord prolapse, uterine rupture, fetal distress and birth parent put to sleep
    - Epidural,spinal block, leg cuffs for circulation, catheter will stay in for 18 hours - can ask for clear drapes
    - Only allowed 1 support person
    - Surgery, blood clots, blood loss, infection, injury to other organs, more painful recovery
    - Total of 30 minutes including sewing up for procedure
    - Recovery from stitches 6+ weeks
- Reduce C Section risks
    - Enter labor in good health - Eat healthy, stay home during labor



- Breastfeeding & Recovery
    - Take your time, make sure you have help
    - Don't bring breast pump to hospital
    - 12 - 7pm visiting hours
    - Vaginal - 2 hours in labor and delivery
        - 2 days in postpartum
    - CSection - 1 hour to complete surgery
        - 2 hours in PAC U - and 4 days in postpartum
    - No sex until 6 weeks after baby is born, because you may ovulate before first period
    - Lochia - bleeding 3-6 weeks after birth
        - More than 1 pad in an hour or large clots are scurryyy
        - Ice pads and witch hazel pads
    - Buy an Abdominal binder
    - Peri bottle - after every shower, bowel movement or pee wash off perineum
    - Meal prep - have mad food frozen

Questions:

How do you deal with breech babies?
External aversion - consent from and they try to turn the baby from the outside - fi baby does not turn then it will be automatic c section

Does your department have much experience dealing with fibroids?
Yes.

Have you done more C-sections or natural births?
Depending on the size and location of the fibroids. Some don’t interfere, others make it impossible.

How soon should I be in direct contact with a midwife?
Do you have an Obstetrician provider selected? BIMC does not have midwives.

What are some complications that folks come back to the hospital for after giving birth?
Headaches, excessive bleeding, fever, breasts, stitches, high blood pressure



Notes from Parents and LYM:

Notes from New Mothers:

Doula don’t deliver - just help afterwards

Coconut oil / Aquaphor for diaper changes

Breast feeding you can get cuts on your nipples, and can burn for the first 30 seconds and then you’re breast feeding for 20 - 30 minutes - Get Nipple butter

Put your milk on your nipples or baby rashes to heal them

Wipe off baby saliva off of nipples after breastfeeding - and nipples can get calloused

Vitamins and Minerals - You need double the minerals when you are breast feeding

Yoga Ball - Helps keep your back straight - Make sure you sit in chairs where your knees in line with your hips

Peanut Yoga Ball - Helps with home birth and can put it between your legs to get yourself open - Also good for epidural so that you can keep your legs open

Interventions Doctors don’t need to do - For dilation you need to release Oxytocin (dim lights, nice music, warm water) - Doctors offer Picotin which is fake Oxytocin

Get Slippery Elm tea that creates mucus for coochie

Practice kegels by controlling how you pee. Start and Stop

Placenta Tincture Recipe:

Buy tincture bottles
https://www.amazon.com/GMISUN-Dropper-Tincture-Measured-Essential/dp/B0B3R72262/ref=sr_1_13?crid=3MAMB7FQLXZ7S&keywords=tincture%2Bbottles%2Bwith%2Bdropper&qid=1680893281&sprefix=tincture%2Bbot%2Caps%2C301&sr=8-13&th=1

https://www.amazon.com/Dropper-Bottles-Essential-Stainless-Funnels/dp/B08H4QY4TB/ref=sr_1_1_sspa?crid=3MAMB7FQLXZ7S&keywords=tincture%2Bbottles%2Bwith%2Bdropper&qid=1680893281&sprefix=tincture%2Bbot%2Caps%2C301&sr=8-1-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyWVYwWTFFQzhXNDIzJmVuY3J5cHRlZElkPUEwNTI4ODQwMTJZMTNJSERRREo4QiZlbmNyeXB0ZWRBZElkPUEwMjg5MzUwM1FPQUxaSE9DUTRORSZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU&th=1

Buy 100 Proof Alcohol
Bring Cooler to hospital
Put placenta in cooler
Bring home
Cut up and put together in bottles with the alcohol
Freeze in Freezer for 6 weeks

Placenta Tour & Placenta Tincture Creation (Graphic)

LOVE YOUR MENSES NOTES:

- Put him down drowsy, not fully asleep
- Soothe with hand before taking him out
- Make sure he is protected on each side in the bed
- Pelvic Floor Therapist
    - Joints will be loose during breastfeeding
    - Lay down and check to see if your abdominal muscles are close together
    - Posture and breathing
    - Motion is lotion
    - Pelvic Floor Exercises

        - Don’t do kegels if you are constipated - tightens something that is already tight - learn how to relax
        - Strengthen while breast feeding
        - Don’t do kegels on the toilet
        - Try kegel with bird dog exercise
    - Question: Ask about colase with constipation over time and keggels
        - Get a squatty potty so knees are higher than your hips
    - Question: I feel pelvic heaviness when I’m squatting. Squatting feels like my whole body is about to birth
        - Lay with pillow under booty
    - Wait 12 weeks for high intensity workouts
    -
- 



Pediatricians:

Insert the pediatricians you have in mind.



Formula



ENDED UP LIKING: Similac 360 Total Care Formula. They gave this to us in the hospital and it became the standard.

RECCOMENDATIONS:

NAN - 1 for infants 0 - 6 / $38
https://www.amazon.com/Nestl%C3%A9-SUPREMEpro-Premium-Formula-Newborn/dp/B0B31CRTTW/ref=sr_1_4?crid=1XGRJGZ1EY075&keywords=nan+1&qid=1676319462&sprefix=nan+1%2Caps%2C100&sr=8-4

Nestle Pro Sensitive

https://www.amazon.com/Nestle-ExpertPro-SensiPro-Starter-Formula/dp/B0B7WV66GS/ref=sr_1_10?crid=20EMB5LGSLNK0&keywords=peak+newborn+formula&qid=1676319623&sprefix=peak+newborn+formula%2Caps%2C78&sr=8-10

Gerber Lactose Free - Good Start
https://www.amazon.com/Gerber-Extensive-Hypoallergenic-Powder-Formula/dp/B00V3CS87Q/ref=sr_1_2?crid=1NFA0MQ507RZC&keywords=Gerber+Lactose+Free&qid=1677610343&sprefix=gerber+lactose+free%2Caps%2C241&sr=8-2

Other Baby Formula Recommendations :

Earth's Best
Hipp
Holle

Diapers:

What I actually Went with:

Water Wipes (For the Whole BODY!:
https://www.amazon.com/WaterWipes-Sensitive-Wipes-Count-Packs/dp/B008KJEYLO/ref=sr_1_1_sspa?crid=24XGNN4QPTNPU&dib=eyJ2IjoiMSJ9.JEsk-7DgwKAdeOUXS0u6SndJxUAiLBO-OuQJ5ep0-lkjCS2A5L2cmwwHNoKN9lxCwCFyQDTZ31_64Xr1T0nY0bVrNS40IDH54W6k5EYjUIO0azXirHzKkzSpDymbKLIoQVLCTgJltLbMtfUn4wgxmoKsdh4bknGq9bENHx8u1CWKftg_rzWG0WuHQXgkkBGTsieS0z8NmzRWZOEWDUtaPkAOImYUQuFGzsnGZNO1vp1qdYe8lrq6VZW8qV4h0xX9KA1TgFN2E426sfSEVMANdxokNIlqJZe16L_rODPhfzw.l2jZ-frqI4lUzTm4WE51w0lPaQdkQ3JTEJNkHUAscNo&dib_tag=se&keywords=water%2Bwipes&qid=1743167739&rdc=1&s=hpc&sprefix=water%2Bwipe%2Chpc%2C126&sr=1-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Huggies - Newborn
https://www.amazon.com/Huggies-Newborn-Diapers-Little-Snugglers/dp/B0CM4H9CSB/ref=sr_1_2_sspa?crid=PK65ESD79VTF&dib=eyJ2IjoiMSJ9.4_ao4Wb0kvQv1diLDSlly7RUvwb5yomNme1BnRLRt6kD4k91VOgSlKIeNKpQ_gB7GuyiPjvNXzBwWNEIo3_hWsF0flqmNS9kBAYw2HZtBVNZ0ynz96lGNvgjMW55eV9DqHKxbvvUtDHToq2rPTnKmHnzFCOczltTmktJ4mUiyC3LL7DXlxhc-SKT5Zmgas8KEyWs1YT9VcUDlYpZNBbngmBxoEEVFIwW3t-pdakPsoDn7_Bm-iv-g4NaqqUi_MjMF6QLHlN5r6sAVS9wq1gjpEC0cHNTkmUtnHgG_Xp5w8Y.OELhTaoCwOytvPzsyuysrfGC2

1yLnQPCkb5M09AjX3I&dib_tag=se&keywords=huggies+sensitive&qid=1743167655&s=hpc&sprefix=huggies+sensativ%2Chpc%2C112&sr=1-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Pampers Brand - Pure Protection
https://www.amazon.com/Pampers-Pure-Protection-Diapers-Count/dp/B0CJ2XRQ7N/ref=sr_1_6?crid=24MWDO9U7KL1E&dib=eyJ2IjoiMSJ9.R_wsIezAGfB-CTACjsBjq9BK3pmMZyWyZp1pFYADqHxIfgSs2duYDT0oHucsqwwV-vxGd_gv9_Hp5rV8hCbe-xqecZLf0SYVsEGmwjPSnJhyZC3P6cfQSvvWxYGII4UKMoJYB7j7ebekFn13ADU1iWoEOqdvb-KVA9PMq77dHh_hIoJhwij6kydLYzcRT091MwHfLvdaqgBZeYVsY3tfWfNFA0i6S2UwFODAfBtgdk9jU1Lpj--s86AWgZX0bHqKKaiW-_2fC1ShjyOHSgJhsMjhFxVpa6abLWR-IFDkjZSRWhMXNWKWQfk9O3bdNZ7Wvfq74yWQU_7VIqHyyaOFKH1fYfQvkM6hG8LVCTxR48A.fMoPy-aRDPXz5TLpEpd9cxwbtDliAFk39DaAeElfD2g&dib_tag=se&keywords=Pampers+Brand+-+Pure+Protection&qid=1743167691&s=hpc&sprefix=pampers+brand+-+pure+protection%2Chpc%2C124&sr=1-6

Aquaphor Diaper Rash Cream:
https://www.amazon.com/Aquaphor-Baby-Diaper-Rash-Cream/dp/B00Q2MYU9W/ref=sr_1_2_sspa?crid=2JJUQX9F670DB&dib=eyJ2IjoiMSJ9.mE5yhh8Ej_5qdAO7-Qjv8X7SdYWL3wn9dDR4JapXVpVjyaHgciqhTTzOVtiB_YDnTzLW2KKi3MbNwbfkPzFvvpWJ39dFZ7QR_XWLeHqzp-AGSCR92MBiL0P3BIi969LJLI9AbH7TfNHtrzAifsppssmjEGE1vXaRTerwG4AzDoTXV_ZsQQ5Rx5lm2lGrcq9Mx2ylvRbcIe4KUSs0uRyhJdrjHb0WYaUlOrJ3pfuMYO6hub4YydPyTBO7e6CLSHie-2HhlO4tTtwIiuAvaeET6HmvYMi-lBOQMTcyKKp0YEE.HRzFdooodr8_Dah85VLOYGa0BP3wzFHuR1EsBAB5Qz4&dib_tag=se&keywords=baby%2Baquaphor&qid=1743168774&rdc=1&s=baby-products&sprefix=baby%2Baquaphor%2Cbaby-products%2C131&sr=1-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Reccomendations:
Honest Diapers
Hello Bello
Parent's Choice

Soap and Lotion:

What I Chose:

NewBorn: Cetaphil Baby Wash and Shampoo
https://www.amazon.com/dp/B09MVMNW5M?ref=nb_sb_ss_w_as-reorder_k0_1_9&amp=&crid=30GJNGGLL1P6J&sprefix=baby%2Bsoap&th=1

Toddler: SheaMoisture Baby Wash and Shampoo Oat Milk and Rice Water

https://www.amazon.com/SheaMoisture-Shampoo-Lotion-Sensitive-Butter/dp/B09LR7NXTW/ref=sr_1_1_sspa?crid=2A97DTTFJ2ACG&dib=eyJ2IjoiMSJ9.xTeYi3VqVuXdZJU5cJc0bCk3IoqKGVF7jV0Rmtzezz97zk_bmCfPhPe2MsJyreXctAvP4w9PhKLe-cZLGol0jSY-LXWvnpS1n_bGTPI7qFPQ4cyupXFnvc8j2e5OE8EsYrbOtHdHMHRWJVjRgOD-JN9rtL7gTAq2WN3pL57TbhpwJeEoRrNjYXvYAcdIfX-lp8i2F8uQVC1oR5Cgt7GBhi7QQX4_sJQar9CCHZ3QZvhtWbsWTPPQClHmd3UklRCohamRTcDZvDrRewN1m3MJahOz2XBf3JJ8-r-l-Wx3fKw.ZZ7xoonDadkowiUb8hgXF1GnI_HPGX2AAMCDQwZiy3A&dib_tag=se&keywords=shea+moisture+baby&qid=1743168109&rdc=1&s=baby-products&sprefix=shea%2Cbaby-products%2C169&sr=1-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Toddler: Sensitive Skin Body Wash
https://www.amazon.com/Dove-Hypoallergenic-Paraben-Free-Sulfate-Free-Cruelty-Free/dp/B0BV4FBK4Y/ref=sr_1_1_sspa?dib=eyJ2IjoiMSJ9.CY5vngg3YfM27mcC7KjRzXjQ24tnBMHG8Ewdapamy_5lWw_DPesTi-D46Mpc5wl59-EbmgmoTAmLxI2Bk2asyrQjIPuYCHjA9TUwRfU4YbermdxVmG6GyXfelgGhyNPWHsQm719-pRYYn2DAbPcZOtrSBVzi0hXsoCdGWvrA2pup43RnhaoQIq6-HQZHQkflafIcGd4Lug9AGoLKk3IE-bb690EayqpNhK-hZFoZkwcRLsGesKolR17FMPcRbXbRCHlQEiQhnPK9jVChNpIqx7ZlgTXDoL1RpO2QLT7RiAs.Q9TLCLZTnGghxtlLgxII7VXlQKV_6ZJnlWEsII1mlOg&dib_tag=se&keywords=dove%2Bsensitive%2Bskin%2Bbody%2Bwash&qid=1743168362&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Baby Aquaphor - Skin Ointment
https://www.amazon.com/Aquaphor-Baby-Healing-Ointment-Advanced/dp/B001F0RAVQ/ref=sr_1_3_sspa?crid=2JJUQX9F670DB&dib=eyJ2IjoiMSJ9.mE5yhh8Ej_5qdAO7-Qjv8X7SdYWL3wn9dDR4JapXVpVjyaHgciqhTTzOVtiB_YDnTzLW2KKi3MbNwbfkPzFvvpWJ39dFZ7QR_XWLeHqzp-AGSCR92MBiL0P3BIi969LJLI9AbH7TfNHtrzAifsppssmjEGE1vXaRTerwG4AzDoTXV_ZsQQ5Rx5lm2lGrcq9Mx2ylvRbcIe4KUSs0uRyhJdrjHb0WYaUlOrJ3pfuMYO6hub4YydPyTBO7e6CLSHie-2HhlO4tTtwIiuAvaeET6HmvYMi-lBOQMTcyKKp0YEE.HRzFdooodr8_Dah85VLOYGa0BP3wzFHuR1EsBAB5Qz4&dib_tag=se&keywords=baby+aquaphor&qid=1743168774&rdc=1&s=baby-products&sprefix=baby+aquaphor%2Cbaby-products%2C131&sr=1-3-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Reccomendations:
Honest Diapers
Hello Bello
Parent's Choice
Burts and Bees Soap
Black Soap
Goat Soap - Legend's Creek Farm

MOMMY / BABY ESSENTIALS:

Electric Nail Trimmer
https://www.amazon.com/dp/B077PZYTT8?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1

Electric Nasal Aspirator
https://www.amazon.com/dp/B0B3SC2J4R?ref_=ppx_hzsearch_conn_dt_b_fed_asin_title_1

Organic Nursing Pads (so milk doesn't leak on your clothes)
https://www.amazon.com/dp/B0BFWF67WZ?ref_=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1

Shot Blocker - Buzzy
https://explore.paincarelabs.com/buzzyhelps



Child Care

My Criteria for Child Care:

(Example:

- Proximity
- $$$
- Staff Training
- Resources
- Safety
- Kids having fun
- Longevity (how long they can stay in one school/location)
- Good reviews, good in the news
- Nice/Clean Location

—----------

https://cccboston.org/parents/#parentforms

https://bostonabcd.org/service/childcare-choices-of-boston/

https://bostonabcd.org/service/head-start-childrens-services/

Called 211 for United Way Financial Help - Must be below $46,000 or child with special need

Closest to Where I Live:

Closest to Work:

On The Route To Work - Home:

Funded Care:

Random - Recommended Boston, MA / Cambridge, MA:

Autobon Boston Nature Center for 3years+
https://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/boston-nature-center/programs-activities/nature-preschool

Page Academy: Roxbury, Caiana went there, its black owned - take 1 year to 8th grade - small class sizes, vegetarian

Brown Bear Excel Academy (doesnt have the prices and not rated online, 3months to 5 years, $50 app fee)
http://www.bbeelc.com/
18 Prescott Street, Hyde Park

Discover Me School House (4 months to 5 years, $75 app fee, 18 minute drive away)
https://www.discovermeschoolhouse.com/
Hyde Park so opposite direction

Bright Horizons Family Center at Landmark
401 PARK DRIVE 4TH FLOOR WEST Boston , MA 02215

Ellis Early Learning
555 Amory Street Jamaica Plain , MA 02130

Harvard Yard Child Care Center
25 FRANCIS AVENUE Cambridge , MA 02138

Little Corner School House
Littlecornerschoolshouse.com
110 Harvard Street

Little Children School House
31 BOYLSTON STREET Brookline , MA 02445

Longwood Medical Area Child Care Center
395 LONGWOOD AVENUE Boston , MA 02215

John F. Kennedy Elementary School
5 Cherry Street,
Somerville, MA 02144
Phone: (617) 625-6600

Banneker Extended Enrichment (kindergarten +)
21 NOTRE DAME AVE,
Cambridge, MA 02140
Phone: (617) 497-7771

Oxford Street Day Care Cooperative (3k a month for infant tuition doesn't say part time)
https://oxfordstcoop.wordpress.com/application-and-tuition/
25 FRANCIS AVENUE,
Cambridge, MA 02138
Phone: (617) 547-3175

Newtowne School Inc. (22 months to 5 year old, wack, offers part time, 10k per year option for 3 day program,)
https://www.newtowneschool.org/
11 GARDEN STREET,
Cambridge, MA 02138
Phone: (857) 829-1014

Cambridge Nursery School (this is a cooperative, so parents are involved in the teaching atleast once a month, 10k a year, unsure of the age but no photos of infants)
https://www.cambridgenurseryschool.org/programtuition.html
6 Hillside Place,
Cambridge, MA 02140
Phone: (617) 547-7288

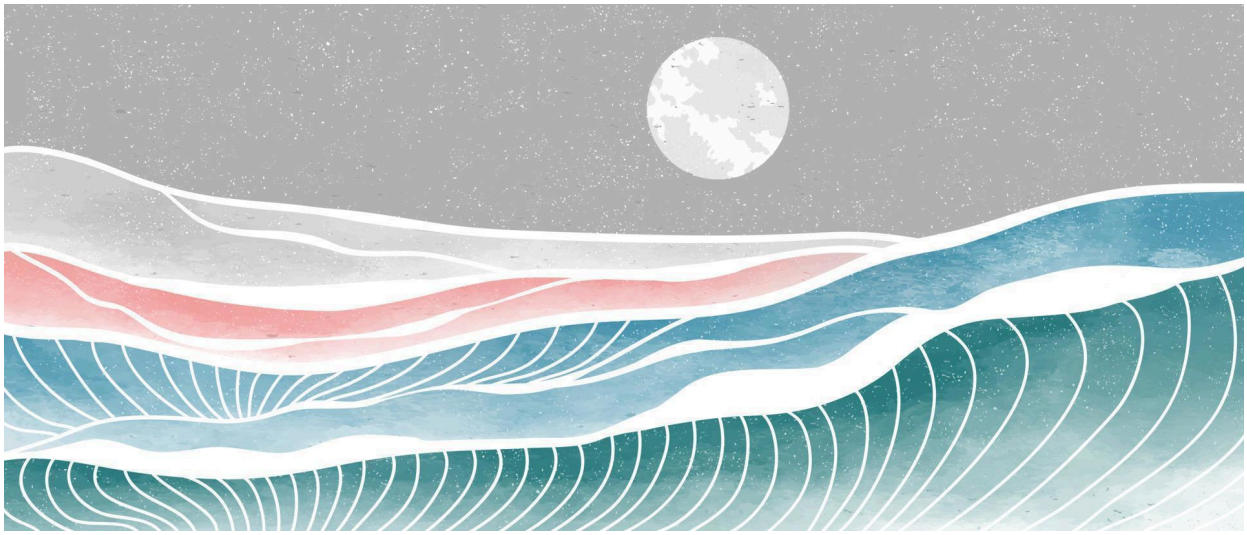
Nurtury Learning Lab (looks really cool)
https://www.nurturyboston.org/what-we-do/locations/33-bickford-street
33 BICKFORD STREET,
Jamaica Plain, MA 02130
Phone: (617) 477-3115

Botanic Gardens Children's Center (3 months to 5 years old, website looks nice but does not have clear pricing)
https://www.botanic-gardenscc.org/
26 ROBINSON STREET,
Cambridge, MA 02138
Phone: (617) 665-5082

Jamaica Plain Head Start (birth to 5)
https://bostonabcd.org/location/jamaica-plain-head-start/
315 (Rear) Centre Street,
Jamaica Plain, MA 02130
Phone: (617) 522-5533

Small World Childcare Center (photos look raggedy but do from 2 months to 5 years old)
http://www.vamcsmallworld.org/index.htm
150 S HUNTINGTON AVE BLDG 9,
Jamaica Plain, MA 02130-4817
Phone: (617) 232-8286

Adventures In Montessori Early Childhood Center (infant to 6 years old, currently enrolling and can schedule a tour)
https://www.adventuresinmontessori.org/
65 Rockwood Street,
Jamaica Plain, MA 02130
Phone: (857) 225-5933



APPS:

Huckleberry
BabyCenter Pregnancy Tracker
Yelp for Black Prenatal Specialists Irth App
Khan Academy Kids
Solid Starts - For starting solids https://apps.apple.com/app/id1564189151
An Application where kids and parents can facetime and read books together
https://caribu.com/

Extra Resource Links:

www.Kellymom.com
https://mamaglow.com/
https://blackmamasmatter.org/
https://www.cbww.org/programs/
https://www.cinnamoms.org/resources
https://irthapp.com/resources/
https://www.ffbww.org/ (Foundation for black women's wellness, has upcoming events but not really online resources you need)
https://bwwla.org/black-maternal-and-infant-health/
https://www.matermea.com/
https://www.cnet.com/health/parenting/pregnancy-timeline-what-happens-each-month-and-trimester/ (Where I got What to Expect)
https://www.spinningbabies.com/
https://tuftshealthplan.com/documents/members/guides/prenatal-care-a-woman-s-guide
Zipmilk.org
https://www.bmhce.org/resources/top-pregnancy-and-parenting-tools-for-black-parents

Specific to Boston, MA:

https://www.mass.gov/doc/expecting-and-new-moms-resource-guide/download#:~:text=MCPAP%20for%20Moms,-The%20Massachusetts%20Child&text=To%20access%20these%20services%2C%20call,support%20groups%20or%20other%20services.

https://www.mcpapformoms.org/Resources/PregnantWomen.aspx

https://bostonparentspaper.com/

www.Bostoncentral.com

https://dorchester.macaronikid.com/events?mibextid=Zxz2cZ