

THE BIRTHNES LLC.

ATTACHED YOU'LL FIND A FEW HELPFUL RESOURCES TO HELP GUIDE YOU THROUGH THIS TRANSITION

BIRTH :

<https://www.babylist.com/hello-baby/what-to-expect-at-the-hospital>

BIRTHING CLASSES ORLANDO:

[https://www.hcafloridahealthcare.com/specialties/womens-care/labor-and-delivery?gclid=CjwKCAiAqfe8BhBwEiwAsne6ge8PEjNZ37RTu1XqbcuZYRmIG34rrgP7B73FaxGD0669ht9yU4gx-xoCTagQAvD_BwE&utm_source=google&utm_medium=cpc&utm_campaign=FLRD_HOSP_+FLORIDA+MARKET_NONE_OBGYN_NONE_CONV_PHM_LF&utm_term=birthing+classes+orlando&utm_content=Classes_Birth+\(Exact\)&gad_source=1&gbraid=0AAAAApZrp91KcR-RMhOSeBdcEkeiW4Dhg&gclid=CjwKCAiAqfe8BhBwEiwAsne6ge8PEjNZ37RTu1XqbcuZYRmIG34rrgP7B73FaxGD0669ht9yU4gx-xoCTagQAvD_BwE](https://www.hcafloridahealthcare.com/specialties/womens-care/labor-and-delivery?gclid=CjwKCAiAqfe8BhBwEiwAsne6ge8PEjNZ37RTu1XqbcuZYRmIG34rrgP7B73FaxGD0669ht9yU4gx-xoCTagQAvD_BwE&utm_source=google&utm_medium=cpc&utm_campaign=FLRD_HOSP_+FLORIDA+MARKET_NONE_OBGYN_NONE_CONV_PHM_LF&utm_term=birthing+classes+orlando&utm_content=Classes_Birth+(Exact)&gad_source=1&gbraid=0AAAAApZrp91KcR-RMhOSeBdcEkeiW4Dhg&gclid=CjwKCAiAqfe8BhBwEiwAsne6ge8PEjNZ37RTu1XqbcuZYRmIG34rrgP7B73FaxGD0669ht9yU4gx-xoCTagQAvD_BwE)

<https://childbirthconcierge.com/prenatal-preparation-and-childbirth-lamaze-classes/>

<https://www.southlakehospital.com/services-and-specialties/childbirth-and-parenting-classes-clermont>

<https://fun4orlandokids.com/Family-Resources/New-Parents-Resources/Childrens-Home-Society/View-details>

<https://elcoforangecounty.org/baby-institute/>

BIRTHING CENTERS ORLANDO:

Sacred birth midwifery

Tree of life birth & gynecology

The Birth place

Heart 2 heart birth center

Teamwork birthing

MIDWIVES IN ORLANDO:

<https://sacredbirthfl.com/why-us/>

https://momentsmidwifery.com/?utm_source=google_ads&utm_medium=cpc&utm_campaign=default&utm_term=midwife_in&utm_content=headline&gad_source=1&gbraid=0AAAAAC6d1lppY

https://www.ncbi.nlm.nih.gov/nuccore/t6lxlp-bTbFEJ03w2glY&gclid=CjwKCAiAjKu6BhAMEiwAx4UsAinaYg090HX2XM56UiEx0eFqlas1Lsbhd-A81ITKOJ4KV0Zi29rZahoC7AkQAvD_BwE

FOR DADS:

https://forms.office.com/pages/responsepage.aspx?id=gI_NKEQ8J0uBoM0rA6MbjUdSfTAD9cJ_KtqUK3oZWPMIUNDRIV1E2RVg3Rk41VzFNRVBaSJZXMUdBRc4u&route=shorturl
<https://www.dadsgroup.org/tools-for-new-dads>
<https://www.mmhla.org/articles/resources-for-fathers>
<https://www.pampers.com/en-us/pregnancy/preparing-for-your-new-baby/article/preparing-for-fatherhood>

FOR MOMS :

<https://healthystartorange.org/classes/>
<https://www.orlandohealth.com/services-and-specialties/orlando-health-womens-institute/content-hub/categories/events>
<https://www.hcafloridahealthcare.com/calendar?keywords=labor+and+delivery#/ce/event-details/a0s6O00000BJPHAQA5>
<https://www.hcafloridahealthcare.com/calendar?keywords=labor+and+delivery#/ce-landing-page/search>

POSTPARTUM CARE:

<https://www.orlandohealth.com/content-hub/care-for-your-core-and-pelvic-floor-virtual-class>
<https://womenshealth.gov/TalkingPPD>
<https://www.canada.ca/en/public-health/services/child-infant-health/postpartum-health-guide.htm>
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<https://lil.org/news/what-is-d-mer/>
<https://www.medscape.com/viewarticle/497030?form=fpf>
<https://www.postpartum.net>

BREAST MILK:

<https://www.mother.ly/baby/baby-feeding-guides-schedules/breast-milk-is-basically-magical-science-says/>
<https://kellymom.com/ages/newborn/when-will-my-milk-come-in/>
<https://www.bellybelly.com.au/breastfeeding/breast-milk/>
<https://www.milkgenomics.org/?splash=milk-banks-around-the-world>

FEEDING:

https://www.who.int/health-topics/breastfeeding#tab=tab_1
https://www.aliveandthrive.org/sites/default/files/attachments/Global-Cost-of-Not-Breastfeeding_V5.pdf
<https://firstdroplets.com/downloads/>
<https://www.bfmed.org/assets/ABM%20Protocol%20%2336.pdf>
<https://kellymom.com>
<https://www.lactationtraining.com>
<https://kellymom.com/bf/got-milk/supply-worries/fast-letdown/>

BABIES:

Car seat assistance: <https://www.orlandohealth.com/content-hub/car-seat-assistance>
Infant cpr: <https://www.hcafloridahealthcare.com/calendar?keywords=labor+and+delivery#/ce/event-details/a0s6O00000BJPGIQAP>
https://www.pampers.com/en-us/baby/newborn/article/your-babys-first-bath?https://www.pampers.com/en-us/newborn-baby/care/article/your-babys-first-bath&gad_source=1&gbraid=0AAAAACR1Ex5q3UyW25gAlfYQ_WJnVCI62&gclid=CjwKCAiAqfe8BhBwEiwAsne6gd_f8-d5b9E0Ghs97Mdu048Mw7tdtav4XKAbm7nlvMe1ct6RRSklohoCoX8QAvD_BwE

PREMATURE BABIES:

<https://philadelphiapostpartumdoula.com/premature-babies-what-to-expect-in-the-nicu/>

SLEEPING:

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/safe-sleep-practices-for-babies>
<https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>
<https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx>
<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/07/Co-sleeping-and-SID-S-A-Guide-for-Health-Professionals.pdf>
<https://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

UNMEDICATED BIRTHS:

https://mighty-mama-movement.webinargeek.com/webinar/replay/_7b2P0oKSKE-vGorHPfdV3HoWIPhoqMNnFXSwwDRRCw/
<https://utswmed.org/medblog/5-tips-natural-childbirth/>
<https://www.magnoliabirthhouse.com/resources>
<https://www.hackensackmeridianhealth.org/en/healthu/2023/09/22/how-to-prepare-for-an-unmedicated-birth>

MEDICATIONS WHILE BREASTFEEDING:

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>
<https://infantrisk.com>
<https://mothertobaby.org>

LOSS:

VACCINES INFORMATION:

Links to learn more about vaccine recommendations:

CDC Recommended Schedule for Vaccines

<http://www.cdc.gov/vaccines/schedules/hcp/child-ad...>

Alternative Vaccine Schedule info:

<http://www.askdrsears.com/topics/health-concerns/v...>

Follow this link for more info:

<http://www.askdrsears.com/topics/health-concerns/v...>

National Vaccine Information Center:

<http://www.nvic.org/Vaccines-and-Diseases.aspx>