



Pregnancy Guidance Resource List

The information and recommendations in these handouts are not a substitute for health care. Please consult your health care provider for information specific to you and your health.

- **Alcohol, Smoking, Drugs in Pregnancy**
 - <https://www.acog.org/womens-health/faqs/tobacco-alcohol-drugs-and-pregnancy>
- **American College of Nurse-Midwives Patient Handouts**
 - <https://onlinelibrary.wiley.com/page/journal/15422011/homepage/pregnancy>
- **Breastfeeding**
 - <https://www.cdc.gov/breastfeeding/faq/index.htm>
 - <https://onlinelibrary.wiley.com/page/journal/15422011/homepage/breastfeeding>
 - <https://onlinelibrary.wiley.com/doi/10.1111/jmwh.12134>
- **Childbirth Education Class**
 - <https://us.hypnobirthing.com/about/what-is-hypnobirthing-definition/>
 - <https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/childbirth-education-classes-70931/>
 - **Amita Alexian Brothers/ St. Alexius**
 - Virtual Tour
 - <http://www.virtually-anywhere.net/tours/amita/abmc/vtour/index.html>
 - Zoom Virtual Maternity Tour
 - <https://classes.amitahealth.org/wlp2/#!/classes/info/DWH0024R>
 - **Northwest Community Hospital**
 - <https://www.nch.org/conditions/womens-health/obstetrics/labor-delivery/>
 - Virtual Tour
 - <https://www.youtube.com/watch?v=bqhQRwH-heI&feature=youtu.be>
 - Prenatal Classes
 - <https://www.nch.org/conditions/womens-health/obstetrics/prenatal-classes/>
- **Circumcision**
 - <https://onlinelibrary.wiley.com/doi/10.1111/jmwh.12268>
 - <https://www.acog.org/womens-health/faqs/newborn-male-circumcision>
- **Common Concerns and Complaints**
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-concerns/7-common-discomforts-of-pregnancy-26438/>
 - <https://my.clevelandclinic.org/health/articles/5186-pregnancy-having-a-healthy-pregnancy>

- **Dental Care in Pregnancy**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12108>
- **Doulas**
 - <https://www.dona.org/>
 - <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/expert-answers/doula/faq-20057910>
 - <https://evidencebasedbirth.com/the-evidence-for-doulas/>
- **Exercise in Pregnancy:**
 - <https://www.acog.org/Patients/FAQs/Exercise-During-Pregnancy>
 - <http://www.marchofdimes.org/pregnancy/exercise-during-pregnancy.aspx>
- **Gestational Diabetes**
 - <https://www.uptodate.com/contents/gestational-diabetes-beyond-the-basics>
 - NCH Diabetes Education Services
 - <https://www.nch.org/locations/nch-diabetes-services/>
- **Hair Dye in Pregnancy:**
 - <http://www.nhs.uk/chq/Pages/949.aspx?CategoryID=54>
 - <https://americanpregnancy.org/healthy-pregnancy/is-it-safe/hair-treatments-during-pregnancy-1181/>
- **Immunizations in Pregnancy**
 - <https://www.cdc.gov/vaccines/pregnancy/pregnant-women/index.html>
- **Lead Paint Exposure**
 - <https://www.cdc.gov/nceh/lead/tips/pregnant.htm>
- **Medications in Pregnancy**
 - <https://mothertobaby.org/>
 - <https://www.acog.org/womens-health/faqs/tobacco-alcohol-drugs-and-pregnancy>
- **Perineal Massage**
 - <https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/perineal-massage-pregnancy-24842/>
 - <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jmwh.12427>
- **Seatbelts in Pregnancy:**
 - <http://www.marchofdimes.org/pregnancy/seatbelts-during-pregnancy.aspx#>
 - <https://www.acog.org/womens-health/faqs/car-safety-for-pregnant-women-babies-and-children>
- **Spa Use in Pregnancy:**
 - <https://americanpregnancy.org/healthy-pregnancy/is-it-safe/prenatal-massage-1071/>

- <https://americanpregnancy.org/healthy-pregnancy/is-it-safe/hot-tubs-during-pregnancy-1156/>
- **Stress and Pregnancy:**
 - <http://www.marchofdimes.org/pregnancy/stress-and-pregnancy.aspx>
- **Travel in Pregnancy:**
 - <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/08/air-travel-during-pregnancy>
 - <https://www.acog.org/Patients/FAQs/Travel-During-Pregnancy>
- **Week-by-Week**
 - <https://www.spinningbabies.com/pregnancy-birth/pregnancy-week-by-week/>
 - <https://www.acog.org/womens-health/faqs/how-your-fetus-grows-during-pregnancy>
- **Zika in Pregnancy:**
 - <https://wwwnc.cdc.gov/travel/page/zika-travel-information>
 - <https://www.cdc.gov/pregnancy/zika/protect-yourself.html>

Variety of Pregnancy Topics:

<https://americanpregnancy.org/category/healthy-pregnancy/>

Google Drive Folder to Access More Articles:

<https://drive.google.com/drive/folders/1yuTDTyAhUeYE5aL8OlSyoKRzg4kYovRQ?usp=sharing>

