



Pregnancy Resource Guide



Childbirth Classes

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- **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/>

Google Drive Folder to Access More Articles:

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



COVID-19 Resources for Pregnancy, Postpartum, & Breastfeeding

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- **ACOG: Coronavirus (COVID-19), Pregnancy, and Breastfeeding: A Message for Patients**
 - <https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>
- **CDC: Pregnancy, Breastfeeding, and Caring for Newborns**
 - <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
- **Society for Maternal Fetal Medicine Statement**
 - <https://www.smfm.org/covidfamily>
- **Journal of Midwifery and Women's Health**
 - <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jmwh.13196>
- <https://www.pregnancycovid19.com/>

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Labor Resources

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- **American College of Nurse Midwife Patient Handouts**
 - <https://onlinelibrary.wiley.com/page/journal/15422011/homepage/labor-birth>
- **Healthy Pregnancy and All Topics Related to Pregnancy**
 - <https://americanpregnancy.org/category/healthy-pregnancy/>
 - <https://americanpregnancy.org/healthy-pregnancy/>
- **Cutting the Cord**
 - <https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/delayed-cord-clamping-26005/>
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13132>
 - https://www.who.int/elena/titles/cord_clamping/en/
- **Did My Water Break?**
 - <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/water-breaking/art-20044142?pg>
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12509>
- **Eye Ointment for Newborn**
 - <https://evidencebasedbirth.com/is-erythromycin-eye-ointment-always-necessary-for-newborns/>
 - <https://www.aafp.org/news/health-of-the-public/20190130uspstfgon.html>
- **Labor Progress**
 - <https://www.spinningbabies.com/pregnancy-birth/labor/tips-for-labor-progress/When Labor is LONG>
 - <https://www.spinningbabies.com/pregnancy-birth/labor/what-to-do-when/>
- **Medication in Labor**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12428>
- **Positions**
 - <http://www.milescircuit.com/>
 - http://www.milescircuit.com/uploads/4/8/1/4/4814341/miles_circuit.pdf
 - <https://evidencebasedbirth.com/evidence-birthing-positions/>
- **Second Stage of Labor: Pushing Your Baby Out**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13126>

- **Spinning Babies**
 - <https://www.spinningbabies.com/pregnancy-birth/labor/>
- **Umbilical Cord Banking:**
 - <https://bloodcell.transplant.hrsa.gov/CORD/Options/index.html>
 - <https://www.acog.org/Patients/FAQs/Cord-Blood-Banking>
 - <https://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2007.12.016>
- **Vitamin K in Newborn**
 - <https://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>
 - <https://kidshealth.org/en/parents/vitamin-k-shot.html>
 - [https://www.cdc.gov/ncbddd/vitamink/faqs.html#:~:text=VKDB%20is%20a%20serious%20and,K%20deficiency%20bleeding%20\(VKDB\)](https://www.cdc.gov/ncbddd/vitamink/faqs.html#:~:text=VKDB%20is%20a%20serious%20and,K%20deficiency%20bleeding%20(VKDB))

Educational Video Resources

- ***How to Have a Faster Labor with a REBOZO***
 - <https://www.youtube.com/watch?v=oUb4hT2Zizg&feature=youtu.be>
- ***How to Have a Faster Labor with a BIRTH BALL***
 - <https://www.youtube.com/watch?v=cdxelXEPMFo&feature=youtu.be>
- ***The Best Labor Positions for a Faster and Easier Birth***
 - <https://www.youtube.com/watch?v=PKXtUi-giGA&feature=youtu.be>
- ***Get Upright and Follow Urges to Push***
 - https://www.youtube.com/watch?app=desktop&feature=player_embedded&v=NjtM4EtSs34
- ***How to PUSH During Labor | Best Positions to Push Baby Out!***
 - <https://www.youtube.com/watch?v=EQwruLMWWsg>
- ***Stages of Labor***
 - <https://youtu.be/samWyTjFmS8>
- ***The Miles Circuit***
 - <https://www.youtube.com/watch?v=FS5ywrKZSns>

Variety of Pregnancy Topics:

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

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Maternal Fetal Medicine (MFM)

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- **AMITA**
 - <https://www.amitahealth.org/services/womens-health-institute/programs-and-treatment/maternal-fetal-medicine>
- **Northshore**
 - <https://www.northshore.org/maternal-health/about-us/centers-for-maternal-fetal-health/>
- **Society for Maternal Fetal Medicine-What is MFM?**
 - <https://www.youtube.com/watch?v=p71C-BVkJA&feature=youtu.be>



Nutrition in Pregnancy

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.

NCH Diabetes and Nutrition Education: <https://www.nch.org/conditions/nutrition/>
AMITA Nutrition Services: <https://www.amitahealth.org/services/nutrition-services/>

- **Daily Nutrition Needs**
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/pregnancy-nutrition-1008/>
 - <https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy>
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/pregnancy-vitamins-nutrients-975/>
- **Alcohol in Pregnancy:**
 - <https://www.cdc.gov/vitalsigns/fasd/index.html>
 - <https://www.acog.org/Patients/FAQs/Alcohol-and-Women>
 - <https://onlinelibrary.wiley.com/doi/10.1111/jmwh.12286>
- **Alcohol, Smoking, Drugs in Pregnancy**
 - <https://www.acog.org/womens-health/faqs/tobacco-alcohol-drugs-and-pregnancy>
- **Caffeine in Pregnancy:**
 - Per 2018 ACOG Committee Opinion:
 - <https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Moderate-Caffeine-Consumption-During-Pregnancy>
- **Calcium**
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/calcium-in-pregnancy-11626/>
- **Fish**
 - <https://www.fda.gov/food/consumers/advice-about-eating-fish>
 - <https://www.fda.gov/media/129959/download>
- **Food Safety**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.08.008>
- **Folic Acid**
 - <https://www.cdc.gov/ncbddd/folicacid/about.html>

- <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/folic-acid-995/>
- <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/where-to-get-folic-acid-naturally-during-pregnancy-11707/>
- **Iron Rich Foods**
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/iron-rich-foods-for-your-pregnancy-11385/>
- **Probiotics in Pregnancy**
 - <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/probiotics-during-pregnancy-11583/>
- **Toxoplasmosis Risk in Pregnancy**
 - https://www.cdc.gov/parasites/toxoplasmosis/gen_info/pregnant.html

Foods to Avoid

<https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/foods-to-avoid-during-pregnancy-981/>

Variety of Pregnancy Topics:

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

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Postpartum Resources

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- **American College of Nurse-Midwife Handouts for Postpartum**
 - <https://onlinelibrary.wiley.com/page/journal/15422011/homepage/postpartum>
- **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>
 - <https://www.nygh.on.ca/areas-care/maternal-newborn-and-paediatric-care/pregnancy-and-birth/guide-pregnancy-and-birth/your-newborn/breastfeeding>
 - <https://americanpregnancy.org/healthy-pregnancy/health-nutrition/breastfeeding/>
- **Breastfeeding Storage and Preparation**
 - https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
 - http://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf
- **Breastfeeding Info A to Z from Le Leche International**
 - <https://www.llli.org/breastfeeding-info/>
- **Circumcision**
 - <https://onlinelibrary.wiley.com/doi/10.1111/jmwh.12268>
 - <https://www.acog.org/womens-health/faqs/newborn-male-circumcision>
- **What to Expect**
 - <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jmwh.12069>
 - <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jmwh.12596>
 - <https://kidshealth.org/en/parents/recovering-delivery.html#>

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Pregnancy Guidance Resource List

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- **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>
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12765>
- **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>

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Videos for Labor Positions, Rebozos, Birth Balls & Pushing

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- **How to Have a Faster Labor with a REBOZO**
 - <https://www.youtube.com/watch?v=oUb4hT2Zizg&feature=youtu.be>
- **How to Have a Faster Labor with a BIRTH BALL**
 - <https://www.youtube.com/watch?v=cdxelXEPMFo&feature=youtu.be>
- **The Best Labor Positions for a Faster and Easier Birth**
 - <https://www.youtube.com/watch?v=PKXtUi-giGA&feature=youtu.be>
- **Get Upright and Follow Urges to Push**
 - https://www.youtube.com/watch?app=desktop&feature=player_embedded&v=NjtM4EtSs34
- **How to PUSH During Labor | Best Positions to Push Baby Out!**
 - <https://www.youtube.com/watch?v=EQwruLMWWsg>
- **The Miles Circuit**
 - <https://www.youtube.com/watch?v=FS5ywrKZSns>
- **Stages of Labor**
 - <https://youtu.be/samWyTjFmS8>

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