

4th Trimester Resources

Your team:

Pediatrician & Nursing staff	Your OB/GYN & Nursing staff
Your General Practitioner	Labor & Delivery team / lactation consultants
Therapist	Lactation Consultant
Midwife/Doula	Family / Friends
Spiritual leader/Organization	

Breastfeeding/Bottle feeding Resources: *(personal disclaimer: Despite societal pressure that "breast is best" I argue that "fed is best." I encourage you to do what is best for you and your family when making the decision to breastfeed, formula feed, or employing a combo of the 2!)*

JOC Lactation Consultants (home visits and support groups)

<http://www.joclactation.com/>

Fed is Best - Info. about breastfeeding and formula feeding

<https://fedisbest.org/>

Lactation support cookies

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2947820>

Breastfeed Chicago – facebook group. (Take all social media with a grain of salt!)

Lactation Link – Instagram (Take all social media with a grain of salt!)

Breastfeeding, Pumping, Returning to Work & Parenting

<https://kellymom.com/>

Hotlines, Websites & Blogs:

Fussy Baby Network - Support with Feeding, Sleeping & Crying

<https://www.erikson.edu/fussy-baby-network/>

(888) 431-2229 (9am-5pm Monday-Friday), in-home consultations

Northshore Moms Hotline - 24/7 support for symptoms of depression/anxiety

<https://www.northshore.org/pediatrics/specialty-programs/neonatology/perinatal-family-support-center/perinatal-depression-program/>

866.364.MOMS (866.364.6667)

Postpartum Support International - support for anxiety/depression

<http://www.postpartum.net/learn-more/help-for-moms/>

1.800.944.4773 - 24/7 support

Text 503-894-9453