Jefferson County Department of Health and Environment

Pregnancy Resource List

Baby Names

www.epregnancy.com

Having trouble picking out that perfect name for your child? This is a fun site. Warning: many advertisements for baby and pregnancy items.

Bed Rest

www.sidelines.org

888-447-4754

Support for women and their families who are experiencing a complicated pregnancy. Telephone and internet peer counselors available; articles; FAQ.

Birth Control

Speak with your OB/GYN for birth control best suited to your needs.

Planned Parenthood

www.plannedparenthood.com

Factual information about birth control methods for women or men.

Jefferson County Department of Health and Environment http://health.jeffco.us

303-232-6301

Free condoms and pregnancy testing; information on a variety of birth control methods.

Breastfeeding

Jefferson County Department of Health and Environment

303-275-7520

Certified Lactation Consultants and Registered Dietitians provide education, support and information to help make the breastfeeding experience as pleasant and successful as possible. Breastfeeding classes are available.

La Leche League International

www.lalecheleague,org

800-525-3243

Information and support for breastfeeding mothers. Newsletter available with FAQ section.

Car Seats

Safe Kids

www.safekids.org

202-662-0600

800-441-1888

Have your car seat checked out! Call 800 number for local car seat checkup events.

Colorado Child Passenger Safety

www.carseatscolorado.com

877-588-8687

Interactive ideas on safely restraining your child and list of car seat recalls.

Child Care

Jefferson County Child Care Association

303-969-8772

Provides free child care referrals for Jefferson Co.

Metro Denver Child Care Resource and Referral Partners www.frcce.org

303-969-9666

Serving Adams, Arapahoe, Douglas, Jefferson, Gilpin, Broomfield, Clear Creek and Denver counties. Referral source for all types of child care (home, school based, center, Head Start). Licensing information available for those interested in becoming a family home child care provider.

Dental Health

American Dental Association

www.ada.org

FAQ about pregnancy and oral health.
In the search filed on the website, type "pregnancy and oral health."

J C D H E

Nat'l Healthy Mothers, Healthy Babies Coalition

www.hmhb.org

Click on "Baby Steps to a Healthy Pregnancy." Explains how pregnancy affects teeth and gums.

Infant Loss/Miscarriage

Centering Corp.

www.centering.org

402-533-1200

Support material and resources for those who have been touched by a crisis in pregnancy or loss of a baby.

RTS Bereavement Services

800-362-9567, ext. 54747

Hospital-based program that offers support to parents who lose a baby.

Multiple Births

Multiple Birth Resources LLC

www.expectingmultiples.com

888-627-9519

Offers comprehensive twin program, classes, educational videos at cost.

Darling Doubles (north Denver)

303-255-4931

Twin Connection (south Denver)

303-932-8187

Monthly meetings and activities for families with twins. Monthly newsletter and phone support also provided.

Nutrition Counseling

Jefferson County Department of Health and Environment

http://health.jeffco.us

303-239-7160

Maternal and child nutrition provided by Registered Dietitians. Specialty in addressing breastfeeding, maternal nutrition and healthy weight gain, children with special healthcare needs, picky eaters and children with growth concerns. Women, Infants and Children food supplemental program for low income families. Nutrition and weight gain assessment and counseling provided, in addition to food vouchers that can be redeemed at the grocery store.

Department of Health Services MCH/WIC

www.lapublichealth.org/mch/cpsp/forms/weightgrid/pdf

You can copy the grid to plot your pregnancy weight gain.

Stop Smoking

Colorado Quit Line

www.co.quitnet.com

800-639-7848

Free professional telephone counseling, pregnancy specific.

Jefferson County Department of Health and Environment

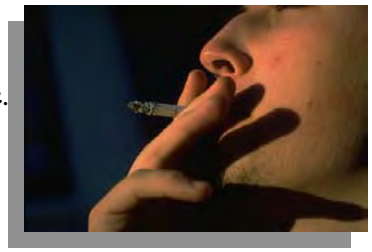
http://health.jeffco.us

303-275-7555

Special support classes are available for "Moms Who Smoke." It has been especially designed to meet the needs of pregnant and parenting women and their supportive others.

Smoke-Free Homes

www.epa.gov/smokefree

866-766-5337

How to protect your children from second-hand smoke by making your home smoke free. Includes smoke-free pledge poster, decal and magnets.