

## CHAPTER 8: PLANNING FOR BIRTH AND POST PARTUM

# Postpartum Resource List

Make your list of helpful people and phone numbers before your baby is born.

Resource/service	Name	Telephone, e-mail address, or website
<b>Start Using before the Birth:</b>		
Caregiver		
Birth doula		
Childbirth educator		
Hospital maternity unit		
Health care information line		
Medical insurance provider		
<b>Start Using after the Birth:</b>		
Baby's caregiver		
Breastfeeding counselor		
Postpartum doula/helper		
Breast pump rental service		
Diaper service		
Friend or family helpers		
Child care, babysitters		
Support groups		
Emergency Services		911
Police, fire, medical (nonemergency)		
Crisis line		