

Postpartum Resource List

Make your list of key resources before your baby is born. Print this to stick to your refrigerator, add information to the contacts list on your phone, and bookmark them on your browser.

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