

Please be aware that many Internet search engines will display non-scientific based information when utilized to gather knowledge on particular topic and can often be misleading. Many blogs and social media sites can be great resources but should not be replacements for evaluation from a medical provider. Below are websites using evidence-based information (meaning, derived from research studies and reputable sources).

Helpful Online Resources

U.S. Military's Website for Pregnancy, Newborn, Breastfeeding & Beyond: www.pregnancyatoz.com

American Academy of Pediatrics: www.healthychildren.org

Lactation Assistance: www.kellymom.com

Helpful pamphlets on lactation: www.lactationresources.com

Center for Disease Control & Prevention (pregnancy, immunizations, newborn care) : www.cdc.gov

Free weekly text messages, National Healthy Mothers, Healthy Babies Coalition: www.text4baby.org/