

Resource List: Supporting Prenatal Families - Community of Learners

Las Cumbres Que Cute!

<https://www.lascumbres-nm.org/que-cute>

Que Cute! Healthy Baby navigators partner with women throughout their pregnancy to improve maternal and child health and to reduce poor birth outcomes.

- Also a beautiful video of the impact of Ana's work with Que Cute with a family....
<https://www.lascumbres-nm.org/news/que-cute-reunion-ana-mom-s>

Philippa Howard, RN, IBCLC, LCCE, CPST (Pip), NWNM First Born Childbirth Education Specialist

pip@nwnmfirstborn.org

Pip is a nurse, lactation consultant, childbirth educator and car seat technician. She teaches virtual childbirth classes and also provides virtual breastfeeding support to new families. 505-486-0120 cell phone

- She also has a presentation called Birthbreak
https://m.facebook.com/nwnmfirstborn/videos/birthbreak/172350021486466/?locale=ne_NP
- Video :Teach me how to Breast feed"
<https://www.google.com/search?q=teach+me+how+to+breastfeed&oq=teach+&ags=chrome.0.69i59j69i57j69i61.4876j0j7&sourceid=chrome&ie=UTF-8>

Taos Loves Kids

Virtual Birth Class starts 3/14/22 via ZOOM Contact Cristina Portillo 575-571-8904

All welcome! They also have a Fatherhood class and Emotional Intelligence Class in Spanish

La Familia Clinic in Santa Fe

<https://lafamiliasf.org/services/medical-services/prenatal-program/>

La Familia provides special care to moms and babies. Their skilled health education team, which includes a nurse midwife, a certified dietician, and community health workers or "promotoras," guide prenatal families every step of the way. The Prenatal program includes a free dental cleaning for eligible uninsured patients. Behavioral Health services are also available. Breastfeeding classes and lactation consults are also offered to all mothers, including help in obtaining a breast pump. (505)982-4425

Birthing Healthier Families Your Positive Postpartum Plan

https://docs.wixstatic.com/ugd/67f9ba_06d7cdb9fbfb408fa13c1d7eab7cea4b.pdf

Postpartum Support International (PSI) NM

<https://psichapters.com/nm/>

PSI-NM is the New Mexico state chapter of [Postpartum Support International \(PSI\)](#). Their mission is to promote awareness, education, prevention, and treatment of perinatal mental health issues affecting mothers, their families, and support systems in all areas of New Mexico.

Call or Text HelpLine 1-800-944-4773 (4PPD) #1 En Español or #2 English

Text in English: 800-944-4773; Text en Español: 971-203-7773

Rural OB Access & Maternal Services (ROAMS)

<https://roamsnm.org/>

Provides pre and postnatal health care resources to women living in Colfax, Harding, Morea, Taos and Union counties. They have allowed access to their information videos. The links are below:

- Prenatal Nutrition
<https://roamsnm.org/education-series/postpartum-nutrition/>
- Pelvic Floor Education for postpartum and beyond
<https://roamsnm.org/education-series/understanding-the-pelvic-floor/>

The NM Human Services Department/Income Support Division (ISD)

<http://www.hsd.state.nm.us/Default.aspx>

Offers emergency food assistance, Supplemental Nutrition Assistance Program, Temporary Assistance for Needy Families, Low Income Energy Assistance, and health coverage (Medicaid). 1-800-283-4465

New Mexico Department of Health (NMDOH) Maternal and Child Health Programs

<https://www.nmhealth.org/about/phd/fhb/mch/#clb>

<https://www.nmmaternalchildhealth.org/providerresources>

The Maternal Health Program's main purpose is to assure that all pregnant women have the best possible health care, and that New Mexico's babies have the best possible start in life.

- Text4baby
<https://text4baby.org/>
- Breastfeeding Friendly Workplace Initiative
<https://www.nmhealth.org/about/phd/fhb/bfwi/>
- Birth Certificates
<https://www.nmhealth.org/about/erd/bvrhs/vrp/birth/>
- New Mexico Women, Infants, and Children (WIC) Program. 1(866)867-3124.
<https://www.nmhealth.org/about/phd/fhb/wic/>

Legal Rights of Pregnant Workers under Federal Law

<https://www.eeoc.gov/laws/guidance/legal-rights-pregnant-workers-under-federal-law>

New Mexico Breastfeeding Task Force (NMBTF)

<https://breastfeedingnm.org/>

The purpose of NMBTF is to bridge the gap in breastfeeding/chestfeeding disparities by ensuring all families have the support they need to reach their breastfeeding/ chestfeeding goals. A breastfeeding/chestfeeding culture includes all forms of feeding human/mother's milk, including pumping, donor milk feeding, and milk sharing. (505) 395-MILK (6455)

New Mexico La Leche League provides support with breastfeeding.

<http://www.llnm.org/>

SaferNM.org Provides support on Car seat training and car seat for a \$25.00 donation.

ECECD Childcare Assistance

<https://www.nmeccd.org/child-care-assistance/>

www.newmexicokids.org or call 1-800-691-7067

Free Websites:

1. Lamaze.org

Giving-Birth-with-Confidence Podcast

<https://www.lamaze.org/Giving-Birth-with-Confidence>

Provide information on Safe & Healthy Birth, The Pregnancy Experience, Gear & Fashion, Nutrition & Wellness, Breastfeeding & Early Parenthood, and Free to Subscribe to Newsletters

2. Pampers.com

Provides 9-Free classes to watch whenever you want, experts' advice from 2-childbirth educators, real-life experiences from 5 parents-to-be, get discounts on diapers, and diapers discounts up to 25% off.

3. Moments Together - momentsnm.org

- The Facts – Moments Together
<https://momentsnm.org/the-facts/>
- Get Support – Moments Together
<https://momentsnm.org/get-support/>

4. YouTube Videos

- Prenatal Classes Part 1, Part 2, Part 3
https://www.youtube.com/results?search_query=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dj7YucfJuziU
- Prenatal Yoga for Beginners
https://www.youtube.com/results?search_query=prenatal+yoga+for+beginners