

# Introduction to Birth & Parenthood Virtual Resource List for parents

Provided by:

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*Most of these websites should pop up automatically. They all get checked regularly. If they don't pop up automatically, try copying and pasting.*

[Http://BreastmilkCounts.com](http://BreastmilkCounts.com) lots of breastfeeding information

[Http://DadsAdventure.com](http://DadsAdventure.com) Info for new dads

[Https://EvidenceBasedBirth.com](https://EvidenceBasedBirth.com) Podcasts, many articles and information about birthing  
<https://evidencebasedbirth.com/birthing-in-the-time-of-covid-19/>

[Http://GlobalHealthMedia.org/videos/](http://GlobalHealthMedia.org/videos/) - videos on breastfeeding and other baby issues

[Http://MothersAdvocate.org](http://MothersAdvocate.org) videos, handouts on birth

[Http://InfantRisk.com](http://InfantRisk.com) Info on breastfeeding, drugs, and other issues

[Http://www.motherjourney.com](http://www.motherjourney.com) Laurel Wilson's website with much info around birth, breastfeeding

<https://onlinelibrary.wiley.com/page/journal/15422011/homepage/share-with-women> Handouts and info about birth from midwives

[Http://SpinningBabies.com](http://SpinningBabies.com) info on movement and best positioning during birth

[Http://SupportingHer.com](http://SupportingHer.com) free online classes; also check out Youtube Big Wheel of Birth

[Http://TheWholeNetwork.org](http://TheWholeNetwork.org) accurate information about circumcision

[Http://TransitionToParenthood.wordpress.com](http://TransitionToParenthood.wordpress.com) will help you access many resources related to labor, birth and parenthood

<https://firstdroplets.com/> has much information about breastfeeding and hand expression

## Medical resources

American College of Obstetricians and Gynecologists <http://www.acog.org>

American College of Nurse Midwives <http://midwife.org>

American Academy of Pediatrics <https://aap.org>

## Apps

[Https://lactapp.com/](https://lactapp.com/) - free app for breastfeeding mamas in English and Spanish.

[Http://oviahealth.com/apps](http://oviahealth.com/apps) Pregnancy & parenting app

**Full term contraction timer** is very helpful for timing contractions -available for apple or Android and has lots of extras included