

YOUR GO TO

RESOURCE LIST

WWW.FAMILYROOMCENTER.COM

PARENT AND BABY CLASSES ARE DESIGNED TO PROVIDE A SUPPORTIVE AND STIMULATING ENVIRONMENT FOR BOTH PARENTS AND THEIR YOUNG CHILDREN. THE FAMILY ROOMCENTER IS A GREAT RESOURCE FOR PARENTS TO ATTEND CLASSES AND FIND SUPPORT THROUGHOUT THIS JOURNEY.

WWW.PUMPSTATION.COM

THE PUMP STATION IS A GREAT LOCATION FOR EVERYTHING BABY. THEY SELL MANY WELL-KNOWN BABY RELATED PRODUCTS AND OFFER PARENT CLASSES THROUGHOUT BIRTH AND AFTER PREGNANCY.

WWW.FIT4MOM.COM

MAKING FRIENDS AFTER BABY CAN SOMETIMES BE CHALLENGING. THIS AMAZING MOM GROUP INCORPORATES A FUN WORKOUT FOR YOU AND BABY.

[HTTPS://WWW.CDC.GOV/BREASTFEEDING/PDF/HUMANMILK-EN-4X6-508.PDF](https://www.cdc.gov/breastfeeding/pdf/humanmilk-en-4x6-508.pdf)

PROPER BREASTMILK STORAGE IS EXTREMELY IMPORTANT DUE TO THE CONTAMINATION OF GERMS. THIS PDF IS FROM THE CDC WEBSITE. IT DISPLAYS THE PROPER TIME FRAME FOR BREASTMILK STORAGE.



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BIRTH TO LATCH

BIRTH TO LATCH IS A PARENT RESOURCE CENTRE IN WHITTIER, CA. BECKY, LINDA & ANN SPECIALIZE IN SUPPORTING PARENTS THROUGH BIRTH, LACTATION AND POSTPARTUM. THEY OFFER PARENT & ME CLASSES, LACTATION, CAR SEAT EDUCATION AND ANYTHING NEWBORN.

CONTACT: BECKY (562)595-3537
LABORWITHYOU@YAHOO.COM

WWW.WELLBABYCENTER.COM

THE WELL BABY CENTER OFFER MENTAL HEALTH SUPPORT, PARENTING CLASSES & MORE. IF YOUR UNABLE TO GO TO THIER LOCATION, THEY CAN ASSIST FAMILIES ONLINE.

