

References and Resources

AWHONN POST BIRTH Warning Signs <https://www.awhonn.org>

Birth Trauma Association <https://birthtraumaassociation.org>

CMQCC Toolkits <https://www.cmqcc.org/resources-tool-kits/toolkits>

CMQCC Supporting vaginal birth & reducing primary cesareans toolkit www.cmqcc.org

HEAR HER Concerns – Pregnant now or within the last year? www.cdc.gov/HearHer

Improving Birth Trauma Toolkit <https://www.improvingbirthg.org/traumatoolkit/>

Knocke, K. et al (2022). Doula care and maternal health: an evidence review. Issue Brief ASPE
Office of Health Policy HP-2022-24

March of Dimes Report Card (2022). www.marchofdimes.org/reportcard

Maternal Mental Health Now <https://www.maternalmentalhealthnow.org>

Resource Directory; Bringing Light to Motherhood: Community Provider Mental Health
Toolkit; Queer & Trans Perinatal Mental Health Toolkit; My Care App for families

National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262): 24/7, free,
confidential hotline for pregnant and new moms Eng and Sp

Optimizing postpartum care (2018). Committee Opinion No. 736. OB & Gyn 131(5), e-140-e150.

Postpartum Support International www.postpartum.net call or text 'HELP' – 800.944.4773 Eng
LLAMAR: 800.944.4773, #1 Span or TEXTO: 917.203.7773

Supporting vaginal birth and reducing primary cesarean toolkit (2022). www.cmqcc.org

Vaginal birth after previous cesarean delivery (2017). Practice Bulletin No. 115. OB/GYN, 116(2),
450-463.

WIC – Regional Breastfeeding Liaison (RBL)– Wendy Fung WenF@phfewic.org
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WIC Resources:

- Guide to Breastfeeding <https://www.phfewic.org/wp-content/uploads/2017/12/Guide-to-Breastfeeding.pdf>

- Baby Behavior <https://www.phfewic.org/wp-content/uploads/2020/05/GettingtoKnowyourBaby.pdf>
 - Breastfeeding Peer Counselor Program for all prenatal from 16 weeks gestation: <https://www.phfewic.org/peer-counselor-program/>
 - CinnaMoms program for African American families and it is open for EVERYONE: www.cinnamoms.org
- Breastfeeding Support Groups for EVERYONE: <https://www.phfewic.org/breastfeeding-support-groups/>