



Pregnancy Resource List

- Educational publications, websites, and community resources
- Most of the listings have toll-free numbers
- Tienen información en español
- If you don't have Internet access, visit your local library
- For further resources, call Amy Rager RN BSN, OB Case Manager at 970-263-5564, or 800-346-4643 toll free.



ROCKY MOUNTAIN
HEALTH PLANS®

We understand Colorado. We understand you.

Allergies and Asthma

Allergies and Asthma Network
800-878-4403
aanma.org

Pregnancy-specific tips for management of your asthma.
Free booklet *Breathing for Two*.

Bedrest

Sidelines
888-447-4754 — USA
sidelines.org
sidelinessupport network on facebook.com

Support for women and their families who are experiencing a complicated pregnancy. Telephone, Twitter, Facebook, discussion boards, internet peer counselors available and Frequently Asked Questions (FAQ).

Birth Control

plannedparenthood.com/bc

Factual information about birth control methods for women and men. Another resource is your local health department's family planning clinic.

Breast-Feeding

The following websites provide education, information, support, and encouragement to women who want to breast feed.

Also consider contacting the lactation nurses, breast feeding specialists, at your delivering hospital.

La Leche League International

800-525-3243
847-519-7730
lalecheleague.org

breastfeedingonline.com — Expert information from Jack Newman, MD, noted expert on breastfeeding.

kellymom.com — good practical information from Certified International lactation nurse.

breastfeeding.com — developed by International Board Certified lactation nurse with good information and links.

Car Seats and Child Safety

Safe Kids
202-662-0600
safekids.org

Injury protection for children of all ages. Information on baby proofing your house

Colorado Child Passenger Safety
877-588-8687
carseatscolorado.com

Everything you would like to know about car seats and locations for car seat checks throughout Colorado.

Mesa County Car Seats
970-254-4112

Provides assistance with proper installment of your car seat.

Child Care

Qualistar (Colorado Office of Resource and Referral Assistance)
qualistar.org

Free online child care referral. Guide to choosing and using licensed child care providers to improve quality of early childcare. For other resources, dial 2-1-1.

Dental Health

Periodontal disease may cause premature labor.

American Dental Association

ada.org

FAQ about pregnancy and oral health. In the search field on the website, type: pregnancy and oral health.

Community Dental Clinic —Montrose, Colorado only

970-252-8896

Provides dental care for low income pregnant women at Medicaid prices.

Marillac Dental Clinic — Mesa County, Colorado, only

970-255-6320

Offers dental care to low-income pregnant women. (Must be Mesa County resident.)

National Healthy Mothers, Healthy Babies Coalition

hmhb.org

Explains how pregnancy affects teeth and gums and what you can do about it.

Diabetes/Gestational Diabetes

diabetes.org

For articles and information, type in: Gestational Diabetes. Discover what gestational diabetes is and how to care for yourself during your pregnancy.

Infant Loss/Miscarriage

Centering Corp.

402-553-1200

centering.org

A grief resource center for those who have been touched by a crisis in pregnancy or death of a baby.

Infant Loss Group at Saint Mary's Hospital (Mesa County)

970-244-2200

Support group for parents who have experienced the loss of a baby.

Multiple Births

National Organization of Mothers of Twins Club

877-540-2200

nomotc.org

Provides support, resources, and networking for parents of multiples. Join or get instructions for beginning your own local twins club.

Postpartum Support

Postpartum Support International

800-944-4773

postpartum.net

Information about perinatal mood and anxiety disorders, includes symptoms and treatment options.

Pregnancy, Prematurity, and Birth Defects

March of Dimes

888-663-4637 — Resource Center

modimes.org

Factual educational information and answers from professionals. on premature births, birth defects, genetic disorders, environmental risks, amniocentesis, and folic acid.

Pregnancy Support

Rocky Mountain Health Plans

Amy Rager RN BSN, OB Case Manager

970-263-5564 or 800-346-4643 toll free

E-Mail: amy.rager@rmhp.org

Website: rmhp.org/members/for_your_health/pregnancy.aspx

If you are a pregnant member of RMHP, then you have your own prenatal care coordinators. Registered nurses (RN) will answer your questions regarding high-risk pregnancy, general pregnancy issues, preterm labor precautions, and tobacco cessation.

Educational info also available on the website, or you can contact our OB nurses at the number listed above.

Stop Smoking

Baby and Me Tobacco Free

rmhp.org/about_rmhp/baby.aspx

Program to improve your quitting effort. It involves: four counseling sessions, CO monitoring of your smoking status, and \$25 in monthly vouchers after you deliver and remain a non smoker.

Mesa County — contact 970-683-2634, or Martha Jones, Project Manager, at 970-244-7970 or 800-843-0719, ext. 7970.

Colorado Quit Line

800-784-8669

co.quitnet.com

Free professional telephone counseling, pregnancy specific. Also supplies patches if approved by physician.

Smoke-Free Homes

866-766-5337

epa.gov/smokefree

How to protect your children from secondhand smoke by making your home smoke free. Includes smoke-free pledge poster, decal, and magnets.

Text4baby

A national program which provides text messages each week based on on your due date or baby's date of birth. You will be sent timely health information about nutrition, smoking cessation, exercise, and baby care. You can sign up for this FREE service, by texting BABY to 511411 or BEBE for Spanish.