

Congratulations on the birth of your child!

We offer a booklet “Understanding Mother and Baby Care” for you to take home. It covers how to take care of your baby, common safety issues, and how care for yourself when you go home. We will review the booklet with you and go over any questions or concerns you may have. There is a downloadable app with video content available—see page 2 of the book for instructions.

UVA NEW PARENT PAGE

For other helpful resources go to: www.uvahealth.com and search “new parent” for more info on:

- UVA Doctors and Medical Services
- UVA’s Breastfeeding Medicine Program and Breastfeeding resources
- Blue Ridge Poison Center
- Safe Sleep for your newborn
- Immunization information from the CDC
- Newborn Screening
- Child Passenger Safety Program
- Women, Infants and Children (WIC) nutrition program
- Virginia Paternity Establishment Program

EMOTIONS AFTER YOUR BABY IS BORN—GETTING SUPPORT

Perinatal Mood and Anxiety Disorders (PMADs)

Anxiety and/or depression during pregnancy and the first year after giving birth happens to up to 1 in 5 new or expectant mothers and their families. These illnesses – also known as perinatal mood and anxiety disorders, or PMADs — are the #1 complication of pregnancy and childbirth.

Women of every culture, age, income level, and race can develop PMADs. Symptoms can appear anytime during the two-year span from becoming pregnant through baby’s first birthday. Symptoms may come on slowly or suddenly. Perinatal mood and anxiety disorders are caused by changes in your physiology, environment, and life stresses.

Charlottesville has evening and daytime groups. Call 434-924-9920 or go to www.postpartumva.org for helpful information and links to groups throughout Virginia.

Postpartum Virginia has a volunteer line for immediate help and questions.
703- 829-7152

BREASTFEEDING HELP FOR WHEN YOU GO HOME

UVA's Breastfeeding Medicine Clinic- if you are having problems you can be seen by an appointment with a Lactation Consultant. Longer visits are available with a Pediatrician. Most visits are covered by insurance.

Phone Support—you can call with questions and concerns and talk with a Lactation Consultant. Calls will be answered within 24 hours.

434.982.3316

La Leche League- this informal group is for breastfeeding moms and babies. It is free and open to all. Call 434. 214 0620 for latest groups or visit llcville.blogspot.com

WIC— Women's Infants and Children supports moms during pregnancy and after baby is born. WIC has Lactation Consultants available for clinic visits and home visits as needed. WIC lends or provides breast pumps and supplies. For Charlottesville and surrounding counties call 434.972. 6202. For other areas, call your local Health Department.

National Breastfeeding Helpline-The U.S. Department of Health has a Hotline in English and Spanish, and can help with basic breastfeeding questions and concerns. 9:00 am – 6:00 EST 800.994.9662

Trusted Web Sites:

Evidence based lactation information on a wide variety of topics

www.kellymom.com

To find a Board Certified Lactation Consultant www.ilca.com

To watch videos and tutorials on breastfeeding topics.

<https://globalhealthmedia.org/videos/>