

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

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 happen 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. Go to www.postpartumva.org for helpful information and links to groups throughout Virginia.

Postpartum Support 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. Our Breastfeeding Medicine Clinic offers lactation support to all moms and babies coping with breastfeeding difficulties. Appointments are available in-person in the Battle Building with a lactation consultant and pediatrician, as well as via telehealth. We also provide follow-up phone calls to breastfeeding moms for ongoing support. To speak with a lactation consultant or to schedule an appointment, call 434-982-3316. Calls will be returned within 24 hours.

La Leche League of Charlottesville. La Leche League offers breastfeeding support, education, and encouragement for breastfeeding families. Hosts monthly meet-ups and a "warm-line" to reach La Leche League leaders for breastfeeding help. Call 434-214-0620 for the latest groups or visit lilleville.blogspot.com.

WIC. Women, Infants and Children supports moms during pregnancy and after baby is born. WIC has Breastfeeding Peer Counselors available for clinic visits and home visits as needed. WIC lends or provides breast pumps and supplies. For Charlottesville and surrounding counties call 434-972-6206. For other areas, call your local Health Department.

National Breastfeeding Helpline. The U.S. Department of Health has a breastfeeding hotline in English and Spanish and can help with basic breastfeeding questions and concerns. Call 1-800-994-9662 between 9:00am and 6:00pm EST.

Trusted Web Sites:

- www.kellymom.com: Evidence-based lactation information on a wide variety of breastfeeding and parenting topics
- www.lactationnetwork.com: Resource for finding International Board-Certified Lactation Consultants
- www.globalhealthmedia.org: Videos and tutorials on breastfeeding topics