

HELP IS ALL AROUND YOU

The Pregnancy Risk Assessment Monitoring System (PRAMS) has learned a lot from Wisconsin's parents, and we want you to know that we're listening and we're here to help. Here are a few things you've told us and some resources that can make parenthood easier.

Breastfeeding

womenshealth.gov/breastfeeding

| learning to breastfeed | challenges of breastfeeding | pumping and storing breastmilk | breastfeeding away from home

wicbreastfeeding.fns.usda.gov

| education and resources for every stage of the breastfeeding journey

dhs.wisconsin.gov/nutrition/breastfeeding/index.htm

| information and resources about breastfeeding and human milk feeding efforts



The lactation consultants at WIC were wonderful in encouraging me to begin to breastfeed.
- PRAMS respondent

Child Development

cdc.gov/actearly

| track your child's milestones from birth to five years | free milestone tracker app available

text4baby.org

| free text messages with prenatal and postpartum information | help through birth and baby's first year

Child Safety

seatcheck.org

| Child Safety Seat Inspection National Highway Traffic Safety | 1-888-327-4236, can also chat online

wisconsinpoison.org

| Poison Help | 1-800-222-1222



Post partum is a very challenging time for not just mothers but families all together. I believe women + families together need increased support.
- PRAMS respondent

Mental Health

postpartum.net

| Postpartum Support International | 1-800-944-4773

988lifeline.org

| free and confidential support, available 24/7, dial 9-8-8 | TTY: use your preferred relay service or dial 7-1-1 then 9-8-8

Safe Sleep

chawisconsin.org/sbs

| why safe sleep practices matter | creating a safe sleep environment | Newborn Nest project | informational videos

nichd.nih.gov/sts

| learn about safe sleep | myths and facts about your baby and sleep | safe sleep environment

Smoking

wwhf.org/firstbreath/resources

| free program to help make positive changes to tobacco, alcohol, and other substance use during pregnancy and beyond



The day I found out I was pregnant, I quit smoking cigarettes, and that helped my mindset and I still don't smoke.
- PRAMS respondent

Other Support

wellbadger.org

| get connected to local family and health resources | call: 1-800-642-7837, text: 608-360-9328, can also chat online

dhs.wisconsin.gov/wic/index.htm

| Women, Infants, and Children Program (WIC) | information on program eligibility and benefits

[dial 2-1-1](https://dial211.org)

| dial 2-1-1 on your phone to get connected to health, housing, and other resources in your area

