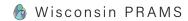
HELP IS ALL AROUND YOU SONSIN PRAMS



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

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































