



Resource Directory

TABLE OF CONTENTS

	<i>Page</i>
<i>My Pregnancy Record</i>	2-3
<i>Emergency Phone Numbers</i>	4
<i>Equipment Rental and Supplies</i>	5
<i>Education and Support</i>	6-10
<i>Books</i>	11-14

My Pregnancy Record

My physician's/midwife's phone number: _____

<p>My Starting Statistics</p> <ul style="list-style-type: none"> • My due date: _____ • My guess for the birth date: _____ • My starting weight: _____ • My starting waist measurement: _____ • My blood type: _____ • My iron count (hematocrit): _____ 	<p>After The Birth Statistics</p> <ul style="list-style-type: none"> • Actual birth date: _____ • Actual birth time: _____ • Baby's weight: _____ • My weight after the birth: _____
---	---

RECORD OF VISITS TO CLINIC

Date of Visit												
Weeks of Gestation												
My Weight (if interested)												
My Blood Pressure												
Baby's Heart Rate												
Lab Tests Or Ultrasounds												
My Uterus Measurement (fundal height)												
My Next Appointment is Scheduled For . . .												
My Waist Measurement (done at home, if interested)												

If you wish to review a pregnancy growth chart, please see the book *Pregnancy, Childbirth and the Newborn* provided by your physician's/midwife's office.

EMERGENCY PHONE NUMBERS

- **Emergency Room**
at Evergreen Hospital Medical Center **425.899.1700**
- **Family Maternity Center**
at Evergreen Hospital Medical Center **425.899.3501**
- **Fire Department/Medical Aid** **911**
- **Poison Control**
Seattle **206.526.2121**
Outside Seattle **1.800.732.6985**
- **Police**
King County **206.344.4080**
Snohomish County **425.743.3400**

Obstetrician/Midwife: _____

Obstetrician/Midwife After Hours: _____

Baby Physician: _____

Baby Physician After Hours: _____

Family Practice Physician: _____

EQUIPMENT RENTAL AND SUPPLIES

Breast Pumps (Electric and manual and other breastfeeding supplies)

<p>Baby & Family Boutique at Evergreen (EPC – Coral 225) 425.899.3603</p>

Bellgrove Pharmacy

1535 116th Ave. NE, Bellevue 425.455.2123

No breast pump rentals

Birth and Beyond

2610 East Madison, Seattle 206.324.4831

317 NW Gilman Blvd., Issaquah 425.392.6665

Healthtek Pharmacy & Medical

1211 Madison Ave., Seattle 206.292.6254

Mill Creek Pharmacy

1025 153rd St., SE, Suite 104, Mill Creek 425.338.0555

The Take Care Store

2700 152nd Ave. NE, Redmond 425.883.5052

U & I Pharmacy, K-Mart Plaza

29 148th Ave. SE, Bellevue 425.747.3800

No breast pump rentals

EDUCATION AND SUPPORT

The Healthline at Evergreen 425.899.3000

Turn to Evergreen Healthline when you have health concerns for yourself or your family. Our expert staff can give you prompt, accurate answers 24 hours a day. And best of all, Healthline service is free.

It's our way of promoting your health and well being now and throughout your life.

- *Round-the-clock answers to health questions by registered nurses*
- *Registration for parenting classes, Monday – Friday, 7:00 a.m. to 7:00 p.m.*
- *Finding the right doctor or midwife—we'll match your needs to a healthcare provider just right for you*
- *Evening and nighttime breastfeeding resource*

American Academy of Pediatrics www.aap.org

American College of Obstetricians and Gynecologists www.acog.org

American Red Cross 206.323.2345

Classes on parenting/babysitting/safety

Baby Diaper Service 206.634.BABY

Beyond the Baby Blues—Family Services 425.450.0332

This is a program that promotes increased awareness and provides treatment for pregnancy and postpartum mood disorders, and support the adjustment to parenthood. They offer a free drop-in postpartum depression support groups. For Spanish speaking families please call 206. 205.3975

Breastfeeding Center at Evergreen (EPC – Coral 225) 425.899.3494

Telephone or clinical consultation for problems associated with breastfeeding (Available during daytime hours)

Care Network Evergreen—Social Services and Referral 425.899.3208

Care Planning at Evergreen..... 425.899.3496

Every pregnancy and birth is a special experience. Sometimes, you may find yourself in circumstances where extra planning for you baby's birth can provide necessary help and reassurance. You may be able to use coordination of services specific to your unique needs. We recommend that you first contact you doctor or midwife, and if they recommend care planning, please call us. Services will be billed to you insurance company

Car Seat Information 1.800.BUCKLUP

See “Car Seat Safety Information” in the “Before Your Baby is Born” section of this notebook for further information

Car Seat Recall List

(National Highway Traffic Safety Administration) www.nhtsa.gov

Catholic Community Services 425.643.1937

Adoption/foster care 206.328.5747

Pregnancy support 206.328.5922

Parenting classes (also in Spanish), family counseling, and self-help groups

Chaplain at Evergreen Hospital and Hospice **425.899.1046**

Childcare Resource Network, WA State 1.800.446.1114

Referral for state licensed homes/centers

Childcare Resource Line (Volunteers of America) 425.258.4213

Referral for state licensed homes/centers

Childcare Resource Referral Line 425.865.9350

..... 206.329.5544

..... www.childcare.org

Free daycare referral service; 24-hour quality childcare in private, licensed homes

Child Protective Services (open cases) 425.649.4110

To report child abuse 1.800.609.8764

Children’s Hospital & Regional

Medical Center Emergency Room 206.987.2222

Children with Special Healthcare Needs 206.296.4610

Children’s Protection Program 206.526.2194

This Children’s Hospital program provides coordination of services for prevention, early intervention, and referral for families affected by child abuse and neglect. Web site: www.seattlechildrens.org

Children’s Resource Line 206.987.2500

Parenting info provided by registered nurses at Children’s Hospital, 7am-11pm 1.877.526.2500

The Cleft Connection (Donna Borgford-Parnell) 206.296.7412

A parent contact group for families of children with cleft lip/palate

Community Information Line 206.461.3200

Toll free: 1.800.621.4636

Central referral agency for more than 2,000 agencies in King County

Compassionate Friends (Self-help organization for bereaved parents)

Seattle/King County 206.241.1139

Everett/Snohomish County 360.387.1491 / 360.387.4855

Consejo Counseling (Spanish Speaking)	206.461.4880
Consumer Product Safety Commission – United States	1.800.638.2772
TTY	1.800.638.8270
<i>CPSC is a federal agency created to protect the public from unreasonable risk of injuries or death from consumer products. Web site: www.cpsc.gov (English and Spanish)</i>	
CPR Classes at Evergreen Hospital	425.899.3000
Crisis Clinic—24-hours	206.401.3222
Depression After Delivery, WA Chapter	www.depressionafterdelivery.com
Divorce Life Line	206.694.5700
<i>Counseling sessions for children and their parents</i>	
Down Syndrome	206.241.0353
New parent packets	206.431.9777
<i>Web site: www.downsyndromecommunity.org</i>	
Eating Disorders Northwest	206.587.2377
Eastside Domestic Violence	425.746.1940
24-hour crisis line	1.800.827.8840
Eastside Legal Assistance Program	425.747.7274
Family Help Line	206.233.0139
<i>Listening line, referral, and group support for parents in stress</i> 1.800.923.HOPE	
Grief and Bereavement Services at Evergreen	425.899.1077
<i>Provides a referral for individual and group support</i>	
Growing Child	1.800.927.7289
2336 Northwestern Ave., West Lafayette, Indiana 47906	
<i>Contains development and parenting information; write for free issue. Web site: www.growingchild.com</i>	
Healthy Mothers Healthy Babies	1.800.322.2588
<i>Provides information for families from pre-pregnancy through childhood, including very helpful breastfeeding information and special information for mothers combining breastfeeding and returning to work. You can receive a free copy of the “Healthy Mothers Healthy Babies Book” by calling them (also available in Spanish, Russian, Korean, Vietnamese, Chinese, and Somali).</i>	
Home Phototherapy Program at Evergreen	425.899.5555
Toll free	1.800.859.0166

- International Childbirth Education Association, Inc.** www.icea.org
- KidCare (Community Health Access Line)** 1.800.756.5437
Call if you have any concerns about your child's development from birth to age 3; this community agency provides help and information about screening, developmental assessment, and early intervention services.
- Kindering Center – Bellevue** 425.747.4004
Early intervention programs for infants and children with special needs
- King County Cooperative Extension Services** 206.296.3900
Free pamphlets and booklets for King County
- La Leche League (24-hour recording listing group leaders)** 206.522.1336
*Information and support to women breastfeeding; monthly group meetings or phone counseling.
 Web site:www.lalecheleague.org (English and Spanish)*
- Lutheran Community Services** 1.800.509.0515
Counseling, adoption, foster care, pregnancy counseling, refuges, and homeless
- Mothers and More (Eastside)** www.eastsidemothersandmore.org
A social network for mothers
- Mothers of Multiples** 425.222.5180 / 425.739.9277
- A Nanny for U** 425.745.9882
Referrals for postpartum doulas. Web site: www.anannyforu.com
- National Institutes of Health** www.nih.gov
- Northwest Association for Postpartum Support (NAPS)** ... 206.955.6155
- Nurturing Moms Support Group** 425.899.3496
*An opportunity to meet monthly with other women who are unable to or struggling with breastfeeding.
 This group provides the opportunity to address feelings of anger, sadness, disappointment, or guilt and the many facets of being a wonderfully nurturing mom. Web site: www.hmhbwa.org*
- P.S. My Baby Died** 206.782.0054
- Pacific Association for Labor Support (PALS)** 206.325.1419
- Parent-to-Parent Support (“The Arc” of King County)** 206.364.4645
For families of children with special needs
- Parents of Prematures** 1.800.322.2588
- Planned Parenthood of Bellevue** 425.747.1050
Comprehensive family planning services, referrals for adoptions, and family counseling
- Postpartum Care Center at Evergreen Hospital** 425.899.3602
Registration for clinic appointment, questions or concerns about post partum, including emotional adaptation

Program for Early Parent Support (PEPS) 206.547.8570

Neighborhood support group for new parents. Web site: www.pepsgroup.org

Public Health Department

Provides home visits by nurses, family health care, and immunizations

10808 NE 145th St., Bothell 206.296.9787

Toll Free 1.800.562.2956

14350 SE Eastgate Way, Bellevue 206.296.9770

Toll Free 1.800.244.4512

2124 4th Ave., Seattle 206.296.4755

Safety Restraint Coalition 425.828.8975

Information about car seats 1.800.BUCKLUP

SIDS Foundation of Washington 206.548.9290

Toll Free 1.800.533.0376

Social Services at Evergreen 425.899.2470

South Snohomish County Family Child Care Association ... 425.489.9892

Free daycare referral service, 24-hour quality childcare in private licensed homes

“This is Not What I Expected” at Evergreen Hospital 425.899.3602

This group provides emotional care, information, and resources for postpartum adjustment. Consider this group if you have had feelings about yourself or your baby that worry you, if you feel deep sadness with frequent crying, or if you are feeling out of control or hopeless. Meets 1st and 3rd Thursdays, 7-9pm at Evergreen. No registration required and no fee.

The WA State Child Care Resource & Referral Network. 1.800.446.1114

Information on selecting a child care provider

WA Council for Prevention of Child Abuse & Neglect 206.464.6151

Dedicated to strengthening families and preventing all forms of child abuse and neglect

WIC (Women, Infants, and Children) 1.800.322.2588

WIC is a free food and preventative health program for pregnant women and mothers. Call if you are pregnant or have children under the age of 5 for eligibility information. Web site: www.fns.usda.gov/wic.

Wonderland Developmental Center – Shoreline 206.364.3777

Early intervention program for infants and young children with special needs

Books

Pregnancy & Birth

The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth by Penny Simkin

Provides in-depth information and suggestions for the birth partner to support the woman in childbirth.

Birthing From Within: An Extra-Ordinary Guide to Childbirth Preparation by Pam England & Rob Horowitz

Helps the reader prepare for childbirth by focusing on the art of birthing and the meaning of childbirth.

Planning Your Pregnancy and Birth by the American College of Obstetrics and Gynecology (ACOG)

A comprehensive guide to pregnancy, birth, postpartum, and newborn care.

Available in English and Spanish.

The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families by Amy E. Tracy, forward by Richard H. Schwarz, MD**

Beside reference for practical pointers, tips, and encouraging stories from mothers who were on bed rest during their pregnancies. Features current resource list.

Pregnancy, Childbirth and the Newborn by Penny Simkin, PT; Janet Whalley, RN, BSN; Ann Keppler, RN, MN**

*An overview of pregnancy, labor, birth, and postpartum adjustment. A complete guide for parents from conception through early parenting. **This is the book we use in our childbirth education classes.***

Cesarean Birth

The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth after Cesarean by Diana Korte

Focuses on the mother's concerns about vaginal birth after Cesarean (VBAC).

Nutrition

Child of Mine: Feeding with Love and Good Sense by Ellyn Satter**

Common sense approach to feeding infants written by a nutritionist and child therapist.

Eating Expectantly by Bridget Swinny**

Up-to-date and comprehensive guide to pregnancy nutrition.

Multiples

The Art of Parenting Twins by Patricia Maxwell Malstrom and Janet Poland**

In addition to pregnancy and birth information specific to multiples, the authors explore the joys and challenges of raising multiples, infancy through adolescence.

Twins! Pregnancy, Birth, and the First Year of Life by Connie Agnew

Complete information and help for parents from pregnancy through the first year.

When You're Expecting Twins, Triplets or Quads by Dr. Barbara Luke & Tamara Eberlin**

This book provides a complete overview of pregnancy with multiples, including prenatal testing, nutrition, birthing methods, and family adjustment.

Parenting & Child Development

The Baby Book by Martha & William Sears, MD**

Practical and reassuring help for the challenges of baby care through the first year and beyond.

Becoming a Father by William Sears, MD**

How to nurture and enjoy your family.

Dr. Mom by Mariane Neifert, MD

A guide to baby and child care written by a pediatrician.

The First 12 Months by Frank & Theresa Caplan

Princeton Center for Infancy and Early Childhood. A guide to help you follow your child's growth.

The Fussy Baby by Williams Sears, MD

How to calm a crying baby and bring out the best in your high-needs child.

The Happiest Baby on the Block by Harvey Karp, MD**

Extremely helpful information for soothing and comforting babies.

The Happiest Toddler on the Block by Harvey Karp, MD**

Learn to speak "toddler." Speaking to this age group in their own language turns frustrations into cooperation!

A Mother's Almanac by Marguerite by Kelly & Elia Parsons

A book on loving and living with small children.

The No Cry Sleep Solution by Elizabeth Pantley**

A very reasonable approach for helping babies sleep.

The Premie Parents' Companion by Susan L. Madden, MPH

This book is a comprehensive guide for families written by a parent of a prematurely born infant. It includes extensive information about post-intensive care nursery issues and concerns.

Preemies: The Essential Guide for Parents of Premature Babies

by Dana Wechsler Linden, Emma Trenti Paroli, & Mia Wechsler Doron, MD

Extremely comprehensive and very informative resource. Preemies uses a question-and-answer format to address almost every conceivable question or concern a parent could have.

The Second 12 Months by Frank & Theresa Caplan

Picks up where their other book left off. Includes insights from many infant and toddler experts.

A Sigh of Relief by Martin I. Green

A book of safety and maintaining good health in a “what to do until you can get the child to the doctor” approach to medicine.

Touchpoints: Your Child’s Emotional and Behavioral Development

by Terry Brazelton**

What To Do When Your Baby Is Premature: A Parent’s Handbook for Coping with High-Risk Pregnancy and Caring for the Preterm Infant

by Joseph A. Garcia-Prats, MD, & Sharon Simmons Hornfischer, RN

This book offers a reassuring and comprehensive guide to both high-risk pregnancy and prematurity.

Your Amazing Newborn by Marshall & Phyllis Klaus

Shares with parents the amazing abilities of their newborn—includes beautiful photographs.

Your Baby and Child: From Birth to Age Five by Penelope Leach

A practical guide to parenting from birth to age five.

Your Baby and the Special Care Nursery by Evergreen Hospital Medical Center.

Ask your nurse for a copy of this book if your baby is admitted to the Special Care Nursery or Intensive Care Nursery at Evergreen Hospital.

Postpartum Adjustment

Beyond Birth: What No One Ever Talks About by Dawn Gruen, Rex Gentry, & Abby Myers

This booklet is written by therapists and a psychiatrist specializing in perinatal mood disorders. It is an easy-to-read explanation of perinatal mood disorders and their treatment. It is available through Depression After Deliver of Washington (1.888.404.PPMD, www.ppm-support.com).

Shouldn’t I Be Happy? Emotional Problems of Pregnant and Postpartum Women by Shaila Misri

Written by a psychiatrist who specializes in the emotional health of women during pregnancy and postpartum.

This Isn't What I Expected: Overcoming Postpartum Depression
by Karen Kleiman & Valerie Raskin

Breastfeeding

The Complete Book of Breastfeeding by Marvin Eiger & Sally Olds**
Helpful and easy to read, good information for mothers returning to work, great for first-time moms and those who haven't used before.

The Breastfeeding Book by William Sears, MD**
Written by a pediatrician, this book provides support for breastfeeding and answers to many common questions.

The Nursing Mother's Companion by Kathleen Huggins, RN, MS**
User-friendly reference for breastfeeding questions.

The Womanly Art of Breastfeeding by LaLeche League, International**
Written especially for mothers and includes women's stories about their breastfeeding experiences.

Loss & Grief

Empty Arms by Ilse Sherokee
Provides support for parents who have had a miscarriage, stillbirth, or neonatal death.

Still to Be Born by Pat Schweibert
Help for parents coping with stillbirth.

When Hello Means Goodbye by Pat Schweibert & Paul Kirk
This booklet is a resource for parents who have experienced the death of a baby.

The Baby & Family Boutique at Evergreen (Suite Coral 225) features a wide variety of books, DVD's, and CD's about pregnancy, birth, baby care, and parenting (425.899.3603).

**** Books carried in the Baby & Family Boutique**

It is our hope that these resources are helpful to you. In the event you find a number has changed, or discover a service you feel should be included in our future editions, please call **425.899.2653** or email tfitzgerald@evergreenhealthcare.org.

We do not necessarily endorse any of the groups or organizations.