

Prenatal Through Postpartum Health Information Resources

Library staff may find these resources helpful when patrons request health information regarding pregnancy and birth. Though a patron handout is also provided your library may also create your own customized list of resources using some of the resources listed here as well as including relevant items from your library's collection, local, and state resources.

Start with MedlinePlus

[MedlinePlus](https://medlineplus.gov/) is a comprehensive, authoritative, and reliable resource for patients, families, and the public. Information regarding health conditions, safety, drugs, and more can be found all in one location and all freely available through the National Library of Medicine. Access MedlinePlus: <https://medlineplus.gov/>

MedlinePlus uses a set of strict selection criteria to choose quality resources to include on their health topic pages. These health topic webpages are organized so it is easier to find the information you need. Make sure to check out the Related Health Topics located on each health topic page for additional information.

- [Pregnancy](https://medlineplus.gov/pregnancy.html) <https://medlineplus.gov/pregnancy.html>
- [Childbirth](https://medlineplus.gov/childbirth.html) <https://medlineplus.gov/childbirth.html>
- [Preconception Care](https://medlineplus.gov/preconceptioncare.html) <https://medlineplus.gov/preconceptioncare.html>
- [Postpartum Care](https://medlineplus.gov/postpartumcare.html) <https://medlineplus.gov/postpartumcare.html>

National Institutes of Health (NIH)

The NIH provides health information to researchers and healthcare professionals. It also provides health information to the public. NIH has 27 institutes and centers and most include additional health information for you. Listed here are those institutes and centers with information relevant to maternal health. Access NIH home webpage: <https://www.nih.gov/>

[List of NIH Institutes and Centers](https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices) <https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices>

[NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development](https://www.nichd.nih.gov/health)
<https://www.nichd.nih.gov/health>

- Health topics A-Z (including pregnancy and childbirth)
- Publications to download or order for free
- Safe to Sleep® Campaign to reduce sudden infant death syndrome (SIDS)
- Information in Spanish
- Information about plus size pregnancy care, mental health and more

[NIH Maternal Morbidity & Mortality Web Portal](https://orwh.od.nih.gov/mmm-portal)

<https://orwh.od.nih.gov/mmm-portal>

The Maternal Morbidity & Mortality Web Portal does include good information for the public. Be aware it may take some time to locate that information as it may not be separated out from the information for biomedical professionals.

The NIH Maternal Morbidity and Mortality (MMM) Web Portal is an initiative of the National Institutes of Health's (NIH) Office of Research on Women's Health (ORWH). It contains a collection of other trustworthy, science-based resources relevant to maternal health across the lifespan for scientists, researchers, consumers, and advocates.

[GARD \(Genetic and Rare Diseases Information Center\)](https://rarediseases.info.nih.gov/)

<https://rarediseases.info.nih.gov/>

The GARD website gathers information about rare and genetic diseases from reliable research databases to make it easier for patients, families, and caregivers to find the information they seek.

Additional Health Information Resources

[Mom's Mental Health Matters](https://www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/find-help)

A list of resources and hotlines for parents feeling overwhelmed, sad, anxious, or exhausted.

<https://www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/find-help>

[Office on Women's Health](https://www.womenshealth.gov/pregnancy)

An extensive section on pregnancy but also check the other tabs for relevant information

<https://www.womenshealth.gov/pregnancy>

[Have a Healthy Pregnancy](https://health.gov/myhealthfinder/topics/pregnancy/doctor-and-midwife-visits/have-healthy-pregnancy)

A simplified how-to guide on the basics of a healthy pregnancy.

<https://health.gov/myhealthfinder/topics/pregnancy/doctor-and-midwife-visits/have-healthy-pregnancy>

[American College of Obstetricians & Gynecologist](https://www.acog.org/womens-health/pregnancy)

Includes information about pregnancy, postpartum support, preterm birth and more

<https://www.acog.org/womens-health/pregnancy>

[KidsHealth.org](https://kidshealth.org/en/parents/medical-care-pregnancy.html)

Medical prenatal care basics for expectant parents, with Spanish language options

<https://kidshealth.org/en/parents/medical-care-pregnancy.html>

[HEAR HER Campaign](https://www.cdc.gov/hearher/index.html)

This CDC resource provides information to pregnant women, women who have given birth within the last year (postpartum women), and their support network and health professionals

<https://www.cdc.gov/hearher/index.html>

[Resources to Share with Expectant Families | ECLKC](https://eclkc.ohs.acf.hhs.gov/pregnancy/article/resources-share-expectant-families)

Health & Safety Resources for Soon-to-be Parents

<https://eclkc.ohs.acf.hhs.gov/pregnancy/article/resources-share-expectant-families>

[Strong Start for Mothers and Newborns: Expectant Mothers and Family Resources | CMS Innovation Center](#)

Several resources on health pregnancies, including Spanish-language versions.
<https://innovation.cms.gov/innovation-models/strong-start/expectant-mothers-and-family-resources>

[NORD \(National Organization for Rare Disorders\)](#)

NORD is the leading independent patient advocacy organization representing all individuals and families affected by rare diseases in the United States. The website also includes information about rare diseases. Rare Disease Day is February 28 and the website provides information to highlight this day.

<https://rarediseases.org/>

[March of Dimes](#)

Information on a variety of health topics related to pregnancy, childbirth, and beyond
<https://www.marchofdimes.org/complications/january-is-national-birth-defects-awareness-month.aspx>

[Health Coverage Options for Pregnant or Soon to Be Pregnant Women | HealthCare.gov](#)

Health coverage information for those who are pregnant, planning pregnancy, or recently gave birth

<https://www.healthcare.gov/what-if-im-pregnant-or-plan-to-get-pregnant/>

[Where can I find a doctor that accepts Medicare and Medicaid? | HHS.gov](#)

A guide on how to find a doctor that accepts Medicare/Medicaid

<https://www.hhs.gov/answers/medicare-and-medicaid/where-can-i-find-a-doctor-that-accepts-medicare-medicaid/index.html>

[Talking With Your Doctor: MedlinePlus](#)

How to establish healthy communication between you and your doctor

<https://medlineplus.gov/talkingwithyourdoctor.html>

[Pregnancy and Childbirth — Evidence-Based Resources - Healthy People 2030 | health.gov](#)

Several evidence-based resources on a wide variety of pregnancy-related health topics, including nutrient deficiencies and contagious diseases.

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/evidence-based-resources>

Information for teens

[MedlinePlus: Teenage Pregnancy](#) <https://medlineplus.gov/teenagepregnancy.html>

[KidsHealth.org: Having a Healthy Pregnancy](#) <https://kidshealth.org/en/teens/pregnancy.html>

[healthychildren.org: Dating & Sex](#) section includes information about pregnancy options, supporting teen parents, etc.

<https://healthychildren.org/English/ages-stages/teen/dating-sex/Pages/default.aspx>

[Office of Population Affairs: Services for Pregnant and Parenting Teens](https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/reproductive-health-services-and-resources#:~:text=Services%20for%20Pregnant%20and%20Parenting%20Teens)

<https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/reproductive-health-services-and-resources#:~:text=Services%20for%20Pregnant%20and%20Parenting%20Teens>

Information in Multiple Languages

MedlinePlus includes health information in multiple languages. You can search by [language](#) or by [health topic](#). You may find information about parenting and child related topics. Below, the list of links leads to pregnancy related health topics and what languages are available on each topic.

[Access list of multiple languages](https://medlineplus.gov/languages/languages.html) <https://medlineplus.gov/languages/languages.html>

[Access list of Health Topics](https://medlineplus.gov/languages/all_healthtopics.html) https://medlineplus.gov/languages/all_healthtopics.html

[Abortion](#)

<https://medlineplus.gov/languages/abortion.html>

[Birthweight](#)

<https://medlineplus.gov/languages/birthweight.html>

[Breastfeeding](#)

<https://medlineplus.gov/languages/breastfeeding.html>

[Cesarean Section](#)

<https://medlineplus.gov/languages/cesareansection.html>

[Childbirth](#)

<https://medlineplus.gov/languages/childbirth.html>

[Diabetes and Pregnancy](#)

<https://medlineplus.gov/languages/diabetesandpregnancy.html>

[Fetal Health and Development](#)

<https://medlineplus.gov/languages/fetalhealthanddevelopment.html>

[Health Problems in Pregnancy](#)

<https://medlineplus.gov/languages/healthproblemsinpregnancy.html>

[High Blood Pressure in Pregnancy](#)

<https://medlineplus.gov/languages/highbloodpressureinpregnancy.html>

[HIV/AIDS in Pregnancy](#)

<https://medlineplus.gov/languages/hivaidсандpregnancy.html>

[Miscarriage](#)

<https://medlineplus.gov/languages/miscarriage.html>

[Postpartum Care](https://medlineplus.gov/languages/postpartumcare.html)

<https://medlineplus.gov/languages/postpartumcare.html>

[Postpartum Depression](https://medlineplus.gov/languages/postpartumdepression.html)

<https://medlineplus.gov/languages/postpartumdepression.html>

[Pregnancy](https://medlineplus.gov/languages/pregnancy.html)

<https://medlineplus.gov/languages/pregnancy.html>

[Pregnancy and Drug Use](https://medlineplus.gov/languages/pregnancyanddruguse.html)

<https://medlineplus.gov/languages/pregnancyanddruguse.html>

[Pregnancy and Medicines](https://medlineplus.gov/languages/pregnancyandmedicines.html)

<https://medlineplus.gov/languages/pregnancyandmedicines.html>

[Pregnancy and Nutrition](https://medlineplus.gov/languages/pregnancyandnutrition.html)

<https://medlineplus.gov/languages/pregnancyandnutrition.html>

[Premature Babies](https://medlineplus.gov/languages/prematurebabies.html)

<https://medlineplus.gov/languages/prematurebabies.html>

[Prenatal Care](https://medlineplus.gov/languages/prenatalcare.html)

<https://medlineplus.gov/languages/prenatalcare.html>

[Prenatal Testing](https://medlineplus.gov/languages/prenataltesting.html)

<https://medlineplus.gov/languages/prenataltesting.html>

[Twins, Triplets, Multiple Births](https://medlineplus.gov/languages/twinstripletsmultiplebirths.html)

<https://medlineplus.gov/languages/twinstripletsmultiplebirths.html>

[Uncommon Infant and Newborn Problems](https://medlineplus.gov/languages/uncommoninfantandnewbornproblems.html)

<https://medlineplus.gov/languages/uncommoninfantandnewbornproblems.html>

[Non-English Language Materials - Organizations | MCH \(Maternal and Child Health\) Library](https://www.mchlibrary.org/databases/organizations.php?target=auto_search_forlang)

A list of various non-English resources on various topics for maternal and child health

https://www.mchlibrary.org/databases/organizations.php?target=auto_search_forlang

Publications

Mayo Clinic Press [books on pregnancy](https://mcpres.mayoclinic.org/product-category/pregnancy-books/)

<https://mcpres.mayoclinic.org/product-category/pregnancy-books/>

[Pregnancy Resources for Staff: Printouts, Handouts, and more](https://www.acog.org/store/products/patient-education)

A set of ready-made printouts to stock your library with, containing valuable information

<https://www.acog.org/store/products/patient-education>

[Pregnancy and Childcare - Health Focused Resources](https://eclkc.ohs.acf.hhs.gov/pregnancy/article/resources-share-expectant-families)

A list of links to shareable resources on pregnancy/childcare

<https://eclkc.ohs.acf.hhs.gov/pregnancy/article/resources-share-expectant-families>

NNLM Webinar Recordings

[“Storytelling as a Public Health Strategy to Address Inequities in Maternal Health Outcomes”](#),

NNLM webinar recording, August 2022

<https://www.nlm.gov/training/class/storytelling-public-health-strategy-address-inequities-maternal-health-outcomes>

[“Transgender and Gender-Nonbinary Sexual and Reproductive Health”](#), March 2022

<https://nlm.gov/training/class/transgender-and-gender-nonbinary-sexual-and-reproductive-health>

[“New Media, New Advocacy: How Racial Bias Is Being Tackled in Medicine”](#), October 2021

<https://www.nlm.gov/training/class/new-media-new-advocacy-how-racial-bias-being-tackled-medicine>

Resources for Librarians

[CDC - Health Equity Guiding Principles for Inclusive Communication](#)

Suggested inclusive language

https://www.cdc.gov/healthcommunication/Health_Equity.html

[MedlinePlus Tutorial for Librarians and Health Educators](#)

How to use MedlinePlus

<https://nlm.gov/training/class/medlineplus-tutorial-librarians-and-health-educators>

Finding a Doctor/OBGYN, Midwife, or Doula

[Tips for Labor Coaches: MedlinePlus Medical Encyclopedia](#)

Information for partners/labor coaches on supporting the pregnant person during labor

<https://medlineplus.gov/ency/patientinstructions/000545.htm>

[Find an Ob-Gyn | ACOG](#)

How to find an OBGYN

<https://www.acog.org/womens-health/find-an-ob-gyn>

[Midwives Alliance of North America |](#)

A preeminent resource for information about midwifery

<https://mana.org/>

[About - Foundation for Midwifery](#)

A preeminent resource for information about midwifery

<https://formidwifery.org/about/>

[Find a Midwife - Midwife.org](#)

How to find a midwife

<https://www.midwife.org/find-a-midwife>

[Benefits of a Doula](#) - Why hire a Birth Doula?

Information on what a doula is and why they can be beneficial

<https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>

[Find a Doula – DONA International](#)

How to find a Doula

<https://www.dona.org/what-is-a-doula/find-a-doula/>