

# Lactation and New Baby Resources

Caring for a new baby means developing an entirely new skill set. Here are some resources for you.

**[Car seat recommendations.](#)** Safety restraints are critical for prevention of possible injury in children. The options and recommendations can be overwhelming.

**[Breast feeding.](#)** Our lactation specialists are happy to talk with you at any point. Here are some additional resources.

**[Sleep and sleep training.](#)** Helping babies develop independence in sleeping, regular routines, the right amount of sleep and self soothing are high priority goals for parents.

**[Common medications and their doses for children.](#)**

**[Text for Baby](#)** Text4baby is the first mobile information service designed to promote maternal and child health through text messaging. Text4baby is a free service of the nonprofit National Healthy Mothers, Healthy Babies Coalition. Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. The messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more.

**[Little Kids, Big Questions: A Parenting Podcast Series From ZERO TO THREE™](#)** addresses some of the most common (and challenging) issues facing parents of babies and toddlers, such as: helping a baby learn to sleep through the night; dealing with a picky eater; and learning to set limits on children's behavior.

**[Healthy Families of Rensselaer County](#)** brings the support to you by offering two different home-based services that are free for expectant families and new parents! Their assessment service helps parents identify the successes and stressors that are unique to their family. Their home visiting services allow parents to receive information that meets the needs of their family on a regular basis. These services are offered long-term. Families are eligible if you or your partner are pregnant or are the parents of a new baby (younger than 3 months old) and you live in Rensselaer County.

**[Great general information about children and health.](#)** HealthyChildren.org, operated by the American Academy of Pediatrics has a wealth of evidenced based information about the care of children.

**[Learning Activities](#)**