



## **Trusted Pregnancy and Postpartum Resources**

### **Eating Fish and Shellfish**

[U.S. Food and Drug Administration](#)

(888) SAFEFOOD

### **Food Safety for Pregnant Women**

[U.S. Food and Drug Administration](#)

### **Birth Defects and Genetic Disorders**

[March of Dimes](#)

### **Postpartum Depression**

Virtua's TLC for Moms

(866) 380-2229

[Postpartum Support International](#)

[NJ Department of Health and Senior Services](#)

### **HIV and Pregnancy**

New Jersey HIV/AIDS Hotline

(800) 624-2377

### **Immunizations**

Centers for Disease Control and Prevention

(800) CDC-INFO

### **Car Seat Safety Academy**

[American Academy of Pediatrics](#)

### **Safe Kids**

[www.safekids.org](http://www.safekids.org)

**Breastfeeding**

[Centers for Disease Control and Prevention](#)

[March of Dimes - Breastfeeding is best](#)

**Newborn Hearing Screening**

[National Institute on Deafness and Other Communication Disorders](#)

**Newborn Metabolic and Supplemental Screening**

State of New Jersey

Department of Health and Senior Services

**Private Cord Blood Banking**

[Parent's Guide to Cord Blood Foundation](#)

[info@parentsguidecordblood.org](mailto:info@parentsguidecordblood.org)

**Smoking Cessation**

Mom's Quit Connection

(888) 545-5191

**Health Insurance**

[NJ FamilyCare](#)

[HealthCare.gov](#)

**Baby-Friendly Hospital Initiative**

[World Health Organization](#)

**WIC**

Burlington County WIC Program

(609) 267-4304

[ddas@co.burlington.nj.us](mailto:ddas@co.burlington.nj.us)

Gateway CAP - servicing Camden county

(856) 451-5600

[tricity\\_WIC@gatewaycap.org](mailto:tricity_WIC@gatewaycap.org)

For any additional questions, feel free to e-mail [childbirthconnection@virtua.org](mailto:childbirthconnection@virtua.org).