

Resources for Parents

Perinatal Care/Services and Childbirth Resources

Bringing Baby Home

(206) 832-0355

www.bbhonline.org

Bringing Baby Home aims to improve the quality of life for babies and children by strengthening their families through workshops that help couples learn skills that will make aid them in maintaining a strong relationship while simultaneously fostering their baby's development during the oftentimes stressful transition to parenthood.

DONA International

(888) 788-DONA (3662)

www.dona.org

DONA International is an international, non-profit organization that promotes continuing education for doulas and works to build a strong communication link among doulas and between doulas, families and the medical birthing community.

ICEA

(919) 863-9487

www.icea.org

The International Childbirth Education Association (ICEA) is a professional organization that supports educators and health care professionals who believe in freedom to make decisions based on knowledge of alternatives in family-centered maternity and newborn care.

Open Arms Prenatal Services

(206) 723-6868

www.openarmsps.org/index.html

Open Arms Prenatal Services is a Seattle-based facility with a mission is to provide services that support, educate, respect, honor and empower women and their families throughout the childbearing year.

Childbirth.org

www.childbirth.org

The people behind Childbirth.org believe that pregnancy is a very special time in a person's life. They believe that educating people to be good consumers, letting people know their options, and how to provide them with the best possible care are essential to a healthy pregnancy. Their website is an educational resource that provides many links to information of educational, informational, and personal nature.

American College of Nurse Midwives

www.midwife.org

The Find a Midwife practice locator is a web-based service that allows you to find midwifery practices in your area. It also supplies you with basic contact information such as the name, address, phone number, e-mail address, web site as well as a map of practices in their surrounding area.

Prenatal Yoga Classes in the Seattle Area

<http://transitiontoparenthood.com/ttp/resources/yoga.htm>

A list of prenatal yoga classes offered in the Seattle area for expectant mothers who have a desire to stay fit during and after pregnancy.

International Cesarean Awareness Network (ICAN)

www.ican-online.org/

Seattle Chapter: www.icanseattle.wordpress.com

ICAN is a non-profit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, to provide support for cesarean recovery, and to promote VBAC (vaginal birth after cesarean).

Newborns/Infants

Baby Boot Camp

www.babybootcamp.com

Baby Boot Camp is a program built for the fitness needs of new moms with their desire to spend time with their baby. Helps moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment.

Breast Friends

www.breast-friends.org

Breast Friends is a resource for those who seek breastfeeding support, information and education.

Conscious Fathering

www.parenttrust.org/for-families/education-support/expectant-new-parent-program/concious-fathering/

Conscious fathering is a program provided by Parent Trust for Washington Children designed to provide men with the opportunity to learn their newborn baby's 5 basic needs, keys to how babies communicate and how to not only meet their baby's needs and even anticipate them. Primarily a hospital-based program, Conscious Fathering empowers new fathers to build a partnership with mom in caring for and nurturing their children, from the very first day.

Community of Mindful Parents

(206) 275-0104

www.communityofmindfulparents.com/

Community of Mindful Parents is the home of the Listening Mothers and Reflective Parenting programs which help to foster child and parent relationships from birth onward by teaching parents basic skills to reduce stress & increase well-being, how to deal with newborns in an effective, nurturing, trust-building and joyful in a community-setting as well as teaching communication skills and increasing parenting confidence while teaching behavioral interventions and fostering awareness of parental feelings & behaviors on child development.

Postpartum Support International of Washington 888 404-7763 (PPMD)

www.ppm-support.com/

PSI offers support for postpartum mood disorders with their toll-free support line and also provides resources and information for parents and professionals as well as a support page dedicated to professional and group support for those suffering from PPMD.

Parent Map

www.parentmap.com/

A resource for expectant and experienced parents offering parenting tips, education and local events for families in the Seattle area.

Program for Early Parent Support (PEPS)

www.pepsgroup.org/

The Program for Early Parent Support is designed to help new parents connect and grow by coming together in weekly group meetings to discuss the joys and challenges of parenthood and develop confidence in their own parenting abilities.

Stroum Jewish Community Center

www.sjcc.org/

The Stroum Jewish Community Center is dedicated to the enrichment of life for the Jewish and general community in the greater Seattle area with membership open to everyone. The Stroum JCC offers diverse programming including a Parenting Center as well as a premier Early Childhood School.

Infant Parent Institute

(217) 344-3212

www.infant-parent.com/

The Infant-Parent Institute specializes in clinical services, professional training and research related to the optimal development of infants and their families.

The Learning Community

www.thelearningcommunity.us/home.aspx

The Learning Community (TLC) is a non-profit organization that provides free parenting resources (articles, tips, videos and web links) to parents who are dedicated to raising healthy, happy kids but how may not have the information or the support they need.

Attachment Parenting International

www.attachmentparenting.org/news/news.php

Attachment Parenting international, a non-profit organizations utilizes education, support, advocacy and research to strengthen families and quip them to nurture and fulfill children's need for trust, respect and affection, and ultimately provide a lifelong foundation for healthy, enduring relationships.

Transition to Parenthood

www.transitiontoparenthood.com/ttp/

Transition to Parenthood offers free, research-based childbirth education on the web for everything from pregnancy, birth and newborn care to breastfeeding basics and doulas.

International Mother Baby Childbirth Organization

www.positiveparentingdupage.org/index.php

The International Mother Baby Childbirth Organization (IMBCO) is a non-profit, non-governmental organization created to improve care throughout the childbearing continuum in order to save lives, prevent illnesses and harm from the overuse of obstetric technologies and promote health for mothers and babies around the world.

Toddlers/Children

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Parent Trust

800 932-4673

www.parenttrust.org/

Parent Trust for Washington Children offers unique solutions for the entire family through effective, free or low cost classes, workshops and coaching.

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Safety for Toddlers

(425) 487-3460 or 800 775-3460

www.safety4toddlers.com/

Safety for Toddlers is a website created by two safety proofing experts with a combined experience of 28 years to help equip and enable parents (via consultation and installation services, as well as online resources) to be aware of possible dangers and taking steps to remedy them in an effort to reduce and prevent baby and toddler accidents

Talaris Institute

www.talaris.org

The mission of the Talaris Institute is to support parents and caregivers in raising socially and emotionally healthy children, by providing products and resources that help parents and caregivers to connect, communicate and interact with their children.

Wings for Kids

www.wingsforkids.org

WINGS is a U.S. organization focused solely on developing and improving social and emotional intelligence within after school programming in an effort to develop self-awareness, relationship skills, social awareness, self-management and responsible decision-making through their curriculum.

Child Development Institute

www.childdevelopmentinfo.com

Child Development Institute is focused on providing parents with information based on current research that is both comprehensive and practical with the purpose of enabling parents to help each child to develop to his or her full potential while helping families develop into supportive environments for all family members.

Parent Further

800 888-7828

www.parentfurther.com/

Parent Further is an easy-to-use comprehensive resource designed to help raise caring, healthy, responsible, successful kids by building a unique community that provides access to support along with practical, everyday to help with a wide range of parenting issues with research-based information and tools.

Adolescents**Attachment Parenting International**

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Parenting Teens Resource Network

www.parentingteensresourcenetwork.org

Parenting Teens Resource Network believes that informed and educated parents raise well-adjusted adolescents and strive to make a positive difference by providing parents and caregivers with free, relevant, accessible sources of information and education.

The Dibble Institute

www.buildingrelationshipskills.org

The Dibble Institute is a non-profit organization that helps young people learn how to create healthy romantic relationships now and in the future by offering tools for teaching the practical skills essential for enhancing friendships, dating and love. In addition to providing this education, the Dibble Institute also assists teens in creating the personal vision that keeps them on a positive path.

By Parents For Parents

www.byparents-forparents.com

By Parents For Parents is an online parenting resource for parents of teens. By Parents For Parents provides guidance and assistance through articles, resources, self-tests, blogs and forums to help create a community where parents can offer and receive help for parenting teens.

Planned Parenthood

800 230-PLAN (7526)

www.plannedparenthood.org/ppgnw

Planned Parenthood is a not-for-profit family planning agency that provides high-quality, affordable reproductive health care for women, men and teens with the goal of supporting the lifelong sexual health of women and men and to foster a community where every child is a wanted child.