

**DR. RUBI KHILNANI'S
RECOMMENDED PREGNANCY AND BREASTFEEDING
RESOURCES**

PREGNANCY

Pregnancy Week-by-Week Websites:

www.babycenter.com

www.whattoexpect.com

www.americanpregnancy.com

www.welcomebabyhome.com

www.thebump.com

Suggested Reading:

The Birth Book by William Sears, MD & Martha Sears, RN

Your Pregnancy and Childbirth Month to Month by the American College of Obstetrics and Gynecologists

The Pregnancy Journal by A. Christine Harris

Mayo Clinic Guide to a Healthy Pregnancy

What to Expect when you're Expecting

A Child is Born by Lennart Nilsson & Lars Hamberger

From Here to Maternity by Connie Marshall, RN, MSN

TWIN PREGNANCY

Suggested Websites:

www.twinparents.com/resources/local-groups/mid-peninsula-parents-multiples-mppom.html

www.twin-pregnancy-and-beyond.com

www.babycenter.com/twinpregnancy

www.raising-twins.com

BREASTFEEDING

Suggested Reading:

New Mother's Guide to Breastfeeding by the American Academy of Pediatrics

Nursing Your Baby by Karen Pryor

The Nursing Mother's Companion by Kathleen Huggins, RN, MSN

We encourage breastfeeding. The American Academy of Pediatrics recommends breastfeeding as the preferred method for the first year. Since breastfeeding can be very challenging for many women at first, we have listed several available resources below. If you have concerns or questions while still pregnant you can contact them:

- **Sequoia Lactation Center** is located at 749 Brewster Ave., Redwood City, CA 94063. You can call them at (650) 367-5597 for any questions. Lactation-trained R.N.'s are available for private consultations by appointment.
- **The Palo Alto Medical Foundation** has a full-time lactation consultant, Joanna Koch. She is available seven days per week from 8 am to 6 pm, as well as for "emergencies" at (650) 967-8715 or to schedule an appointment please call her at (650) 853-2992.
- **The Nursing Mothers Council** is available at (650) 327-6455 or (408) 272-1488.
- **La Leche League** are available at 1-800-LA-LECHE. They have a 24-hour breast-feeding help line with recorded information on a variety of topics. Also see www.lalecheleague.org