

Pregnancy & Parenting Resources

There is so much misinformation out there, so we have done some research for you...

Recommended Apps

Huckleberry

This app allows you to record when baby eats and naps to help you predict when the time for the next nap is coming up. It is helpful to promote optimal sleep, ease of putting baby down for that nap, and very helpful once you begin sleep training.

Ovia Pregnancy

Track your progress each week as your baby grows, and see what symptoms you might be experiencing.

Ovia Parenting

Contains week by week development updates for your baby once they arrive, so you know what to watch out for! Also contains articles related to your baby's age that can be quite helpful to read.

Wonder Weeks

This app is also a bestselling book based on neuroscience, and a game changer in the first year or so. Wondering why baby is fussy? They may be going through a development leap. The app will help you pinpoint with more accuracy if and when your baby is going through a leap.

Recommended Websites

Whattoexpect.com

Track your progress each week as your baby grows, and see what symptoms you might be experiencing. What to expect contains week by week development updates for your baby once they arrive, so you know what to watch out for!

Healthychildren.org

This site from the American Academy of Pediatrics has a wealth of information, and is curated for and by pediatricians.

McCall Center for Behavioral Health

McCall's Parenting Support Services is one of the most effective parenting programs in the world, reinforced by more than 30 years of ongoing research. An in-home, evidence-based program that strengthens parents'/caregivers' independence, resourcefulness and problem-solving skills, participants learn how to create positive and safe home environments that support their child's emotional, behavioral and cognitive strengths.

Family Strides (Connecticut.networkofcare.org)

Four-week program for parents or expectant parents covers topics such as basic parenting, co-parenting, discipline and stress management.

*Beware what you read on blogs, and always try to consider the source to discern whether you are getting information that is reliable. A personal opinion is different than a statement backed up by research.

Try to remember there is not always a one size fits all solution for what you and baby are experiencing. We encourage you to ask your pediatrician about any questions you may have.