

PREGNANCY AND NEW PARENTHOOD DURING COVID-19

MISSOULA COUNTY

FIND THIS RESOURCE ONLINE AT HEALTHYSTARTMISSOULA.ORG - PARENTING DURING COVID-19

Each experience with pregnancy, birth and new parenthood is unique. It is normal to have a lot of questions and to need a little extra support. It makes sense that the stress of giving birth during COVID-19 would increase this need for support. Healthy Start Missoula wants you to know that you are not alone. There is a whole community of caring and skilled professionals ready to help.



GENERAL SUPPORT FOR PREGNANCY AND PARENTING

Are you feeling stressed about pregnancy, parenting, or have questions about your child's behavior or healthy development? Call the Missoula City-County Health Department to be connected to a **free nurse, dietitian or trained parent educator** that can help you with any questions or concerns. Call this number to set up a conversation: **(406) 258-4298**

MENTAL HEALTH



Having a baby is an important, and sometimes difficult change in any family. As many as 1 in 7 moms experience symptoms of depression and anxiety during the postpartum period, and their partners are also vulnerable. Full recovery is possible, and there is no reason to continue to suffer.

- Get immediate support by calling the **Postpartum Support International Helpline: 1-800-944-4773**, or text **(503) 894-9453**
- Connect with a **local mental health professional** that specializes in supporting parents prenatally and after birth: <https://psidirectory.com/k:missoula>
- Get information on **birth and postpartum doulas**, or other birth supports from the Missoula Maternal Mental Health Coalition: **(406) 207-2012**

BIRTH AND NEWBORN CLASSES

- Providence, St. Patrick Hospital: virtual classes are free to families delivering at St. Patrick Hospital, others can pay to attend: <https://montana.providence.org/locations-directory/s/st-patrick-hospital-family-maternity-center/birth-and-family-classes>

ONGOING ONE-ON-ONE SUPPORT

A trained educator can meet with you online on a regular basis. This ongoing support allows you to build a relationship with your support person through programs that are proven to benefit parents and children alike. Programs are free and can switch to in-person sessions when social distancing measures are not in effect.

Child Development Center

Free for infants, toddlers, and children who need support with developmental milestones, including suspected delays and disabilities.
(406) 549-6413

Missoula City-County Health Department

Support for healthy pregnancies, infants and children. Breastfeeding and nutrition support, parent skill-building, and accessing resources.
(406) 258-4298

Missoula Early Head Start

No cost services for parents of 0-3 year-olds and pregnant women, if income eligible.
(406) 251-9410 ext. 323

Watson's Healthy Foundations

Services designed to help new-borns get off to a healthy start. Enrollment occurs prenatally or within 3 months of birth.
(406) 546-7806

BREASTFEEDING AND NUTRITION

- Need help with breastfeeding? Call the **Breastfeeding Help Line** at the Missoula City-County Health Department between 8 AM and 5 PM to reach a lactation consultant. Available to all Missoula families: **(406) 207-4357**
- **Missoula Baby Bistro:** Free parent-baby support group for the ins-and-outs of nourishing your baby, currently offered online. Facilitators trained in lactation support. <https://www.facebook.com/MissoulaBabyBistro>
- **WIC:** Income eligible women and their children (up to age 5) can receive food vouchers, breast pumps, education and other support. Call to sign up: **(406) 258-4740**



CAR SEATS

- Safe Kids provides information about **safe installation and use of car seats:** ultimatecarseatguide.org. For information about local car seat check-up options call Safe Kids Missoula at **(406) 926-2522**.
- **Virtual car seat checks** are available to make sure your seat is safely installed:
 - AAA – aaa.com/carseats
 - Britax - us.britax.com/press/britax-checking-station