

For more information on breastfeeding, formula feeding, or questions on healthy baby habits, visit:

- American Academy of Pediatrics
<https://www.healthychildren.org/english/healthy-living/growing-healthy/pages/default.aspx>

For more information about perinatal mood and anxiety orders:

- Postpartum Support International
<https://www.postpartum.net/> or **1-800-944-4773**

For more information on sibling adjustment, please check out the following books:

- *Baby on the Way* (2001) by Sears, Sears, Watts, & Kelly.
- *The Berenstain Bears' New Baby* (1974) by Berenstain & Berenstain.
- *My Baby Brother* (1992) by Hains.
- *Mommy's Lap* (1993) by Horowitz & Sorensen.

For more information on contraception use and the different methods available, visit:

- Centers for Disease Control and Prevention
<https://www.cdc.gov/reproductivehealth/contraception/index.htm>

For more information on breastfeeding, please visit one of the following:

- La Leche League International: <https://www.llli.org/>
- Women, Infants and Children (WIC) Program, U.S. Department of Agriculture, Food and Nutrition Service: <https://wicbreastfeeding.fns.usda.gov/>
- Low Milk Supply: <https://www.lowmilksupply.org/>
- Stanford School of Medicine: <https://med.stanford.edu/newborns>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/breastfeeding/>
- Breastfeeding positions: <https://www.acog.org/womens-health/infographics/breastfeeding-your-baby-breastfeeding-positions>
- Kelly Mom Breastfeeding Help: <https://kellymom.com>