

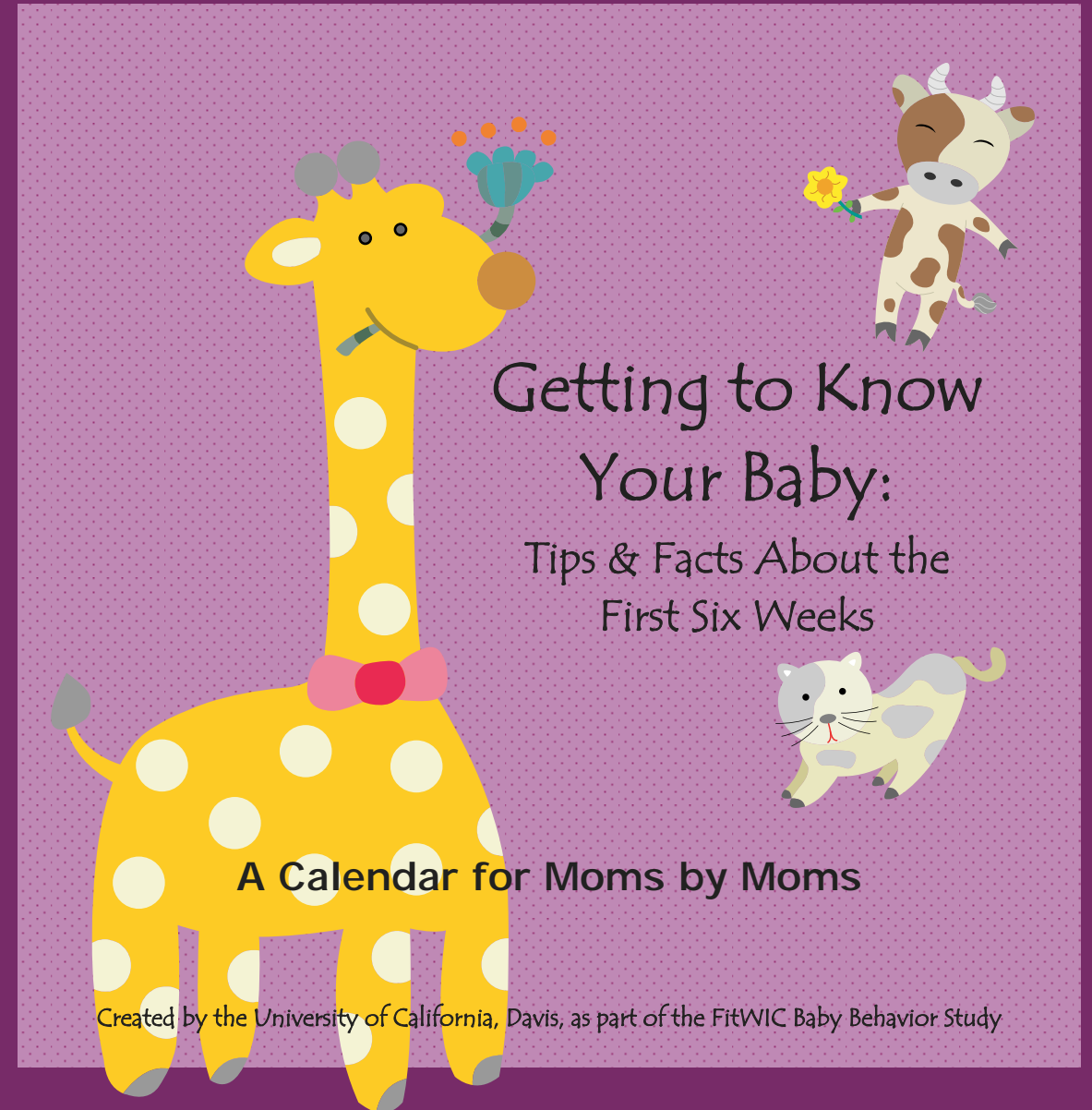


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Resources

Childhelp USA

Crisis intervention and local referral services for child abuse prevention

1-800-422-4453

www.childhelpUSA.org/

National Domestic Violence Hotline

A referral and limited counseling service

1-800-799-7233

www.ndvh.org/help

American Association of Poison Control Centers

Hotline for poison emergencies and information

1-800-222-1222

www.aapcc.org/DNN

Postpartum Support International

Find a support group in your area

www.postpartum.net/

National Suicide Prevention Lifeline

1-800-273-8255

Having a baby is very exciting! It can also be stressful. Over the next 6 weeks you and your baby will be working hard to get to know each other. Some moms think the lack of sleep and frequent feeding will last forever, but it lasts only a very short time. This calendar will help you count down to the time when you and your baby will be better at working together.