

General information about babies

The American Academy of Pediatrics has extensive resources to help you understand your baby's physical skills, social skills and sensory milestones.

www.healthychildren.org



Crying Babies

Babies can cry a lot. Healthline Parenthood can help you learn how to cope:

www.healthline.com/health/baby/purple-crying



Information for Alaska Families

Find the Alaska Department of Health on Facebook for regular updates on Alaska health topics.

www.facebook.com/doh.alaska



My Healthy Alaskan Baby



This wallet card ensures you'll have great resources at your fingertips. Scan the QR codes with your phone or seek out the following web addresses.



Feeding your baby and breastfeeding information

The Office of Women's Health has information about overcoming breastfeeding challenges and practical information about breastfeeding and going back to work. www.womenshealth.gov/breastfeeding/



Infant feeding guide wicworks.fns.usda.gov/resources/infant-nutrition-and-feeding-guide



Safe Sleep for your baby

The American Academy of Pediatrics explains how to help your baby sleep safely. www.healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx



The March of Dimes

Information about baby behavior and care. www.marchofdimes.org/



This United States Breastfeeding Committee

This page has links to information on storage and handling of breast milk, donating milk, obtaining donor milk, local laws and tips for working moms. www.usbreastfeeding.org/faqs



Protecting your baby from infectious diseases

ShotByShot offers stories of vaccine-preventable diseases. Understand what vaccines are designed to prevent. shotbyshot.org/



Alaska 2-1-1

No matter where you live in Alaska, Alaska 2-1-1 is your one-stop resource for connecting with a wide variety of vital resources in your community including emergency food and shelter, disability services, counseling, senior services, health-care, child care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and much more.

Dial 2-1-1 or 1-800-478-2221.

www.alaska211.org/

