



We know that the internet is saturated with information that can sometimes contradict each other. When you are trying to figure out what to do, where to gain support and how to find help, call our Parenting Stress Helpline, a one-stop-shop of verified resources, at 1-800-829-3777, where Alameda County parents (and parents-to-be) can have a voice-to-voice support experience!

***Pregnancy and the COVID-19 pandemic changes the landscape of medical services and parenting stress.*** [Medical News Today](#) reminds us how important mental and physical health is during pregnancy. Read their article to gain insights on tips for reducing stress, giving birth, and what to ask your doctor in light of shelter in place orders.

Looking for a calendar to track your little's development and measure milestones? We recommend What to Expect's [Week to Week Calendar](#) for quick videos that will explain how your baby is developing and what to expect in bodily changes.

It is always important to maintain a healthy diet. Now that you are expecting, you may be wondering if you should be looking into vitamins and minerals. [Grow by WebMD](#) provides insight into vitamins, what each of them does, and when to start taking them.

If you have a partner during your pregnancy, it's not just you that needs to prep! The American College of Obstetricians and Gynecologists gives quick insights into the [Partner's Guide to Pregnancy](#) including:

- How to support your partner's pregnancy
- How a due date is estimated
- Lifestyle changes during pregnancy
- Safe sex during and after pregnancy
- Postpartum depression, support, signs, and symptoms.

There are a lot of questions that arise about help after the birth of your baby, and many books and resources to comb through as well as your own personal knowledge from friends and family. Kids Health offers a quick and accessible guide for First-Time parents. Handling a newborn, bonding, soothing, diapering and bathing basics can all be found [here!](#)

Still feeling overwhelmed? Call our Parenting Stress Helpline for voice-to-voice support, more verified resources, and an opportunity to share all your experiences from stress to joy.

**1-800-829-3777**

**Fast Resources:**

<https://www.medicalnewstoday.com/articles/covid-19-pregnancy-and-mental-health>

<https://www.whattoexpect.com/>

<https://www.webmd.com/baby/guide/default.htm>

<https://www.acog.org/patient-resources/faqs/pregnancy/a-partners-guide-to-pregnancy>

<https://kidshealth.org/en/parents/pregnancy-calendar-intro.html>

<https://raisingchildren.net.au/pregnancy/week-by-week/about-pregnancy/pregnancy-overview>