

Pregnancy/Baby/Motherhood Resources

By Lauren Keeley

New York Capital Region 518-Specific Resources

- Support/Meetup groups:
 - Mom Tribe: laurenbkeeley@gmail.com
 - Moms to Help Moms: [Website](#), [Facebook](#), [Instagram](#)
 - Empowered Birth 518: Birth support groups, C-section [Facebook](#)
 - Postpartum Support for Parents: [Instagram](#)
 - MamaMayhem518: [Facebook](#), [Instagram](#), Mamamayhem518@gmail.com
 - Fern Physical Therapy Coffee Walk & Talk: [Facebook](#)
 - [518 Stroller Club](#) - stroller meetups
 - Albany Family Life Center: [Website](#)
 - Niskayuna Mom's Group: [Facebook](#) and [Meetup](#)
 - CultivatED Parenting- Homeschool resources [Website](#), [Instagram](#)
 - Sage Kinship Development - [Facebook](#), [Instagram](#)
 - The Body WorkShop PT - lactation circle and postpartum groups [Website](#)
 - Bellevue Hospital - classes and support groups [Website](#)
- Babywearing:
 - New York Babywearing: [Website](#), nybabywearing@gmail.com
 - Slingbabies: [Website](#), [Facebook](#)
- Lactation:
 - Greenbush La Leche League: Lactation support groups [Website](#), [Facebook](#), [Instagram](#)
 - Capital Region Baby Cafe: [Website](#), [Facebook](#), [Instagram](#)
 - Lactation Community Circle: [Facebook](#), [Website](#)
 - [518 Breastfeeding](#)
- General resources:
 - Project NICU - [Website](#), [Facebook](#)
 - [518 Moms](#)
 - [Birthright Schenectady](#)
 - [Mom Starts Here](#)
 - [Capital District Moms](#)
 - [Albany Capital Region Kids/Family Events](#)
 - [518 Mom/Baby/Toddler/Kids Freebie Connect](#)
 - [518 Nannies, Babysitters, Day Cares and Parents](#)
 - [518 Parents](#)
 - [Sesame Street](#) - addresses tough topics like divorce and has free courses
 - [Parents Helping Parents](#) - support groups and
 - [Parent Stress Line](#) 800-632-8188
 - [Healthy Schenectady Families](#)
 - [BirthNet](#)

Youtube:

[Jessica Hover](#)

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[Hey Shayla](#)

[Bridget Teyler](#) - [Built to Birth meditations](#)

[DadVerb](#)

[Mama Doctor Jones](#)

[Lovevery](#)

[Baby-Led Weaning with Katie Ferraro](#)

[Pregnancy and Postpartum TV](#) - Prenatal/post-natal yoga

[Hapa Family](#) - [Montessori at Home playlist](#)

[Emma Hubbard](#) - Pediatric Occupational Therapist

[Tessa Rhodes](#) [Teach Your Baby to Swim](#) playlist

[Year One](#) - 30 minute documentary on first year/postpartum depression

Podcasts:

[Pregnancy Podcast](#)

[Evidence Based Birth Podcast](#)

[Go Diaper Free Podcast](#)

[Evolutionary Parenting Podcast](#)

[Baby-Led Weaning with Katie Ferraro podcast](#)

[Hey Shayla Podcast](#)

[The Mom Room Podcast](#) by Renee Reina

[Very Good Enough Podcast](#) by Jessica Hover

[UnRuffled](#) by Janet Lansbury

[The Motherkind Podcast](#)

Websites:

[Evidenced Based Birth](#)

[Babylist](#) - baby registry and [website](#)

[Qeepsake](#) - Electronic/Text message baby book. [Referral link](#)

[Family Album](#) - Private way to share photos. Discount through [referral link](#)

[The Lactation Network](#) - Connection to a local lactation professional/IBCLC

[Care.com](#) for nannies/daycares

[EmbraceRace](#) resources for raising kids who are brave about race

Facebook:

[Jess Hover & Friends](#)

[Expressions! Lactation Services](#)

[Hey Sleepy Parents](#) - Non-sleep training support/encouragement

[Cloth Diapers for Beginners](#)

Instagram:

[The Bump](#)

[What to Expect](#)

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[Hey Shayla](#)

[La Leche League](#)

[Karrie Locher](#) - breastfeeding tips

[Hey Sleepy Baby](#) - Non-sleep training support

[Little Z Sleep](#) - Sleep consultant

[Taking Cara Babies](#) - Sleep expert/resources

[The Vagina Whisperer](#) - Pelvic Floor therapist

[Nourished Young](#) - Breastfeeding/latching support & suggestions

Favorite Apps:

[Ovia Pregnancy](#) - Symptoms tracker

[Babylist](#) - baby registry and [website](#)

[Qeepsake](#) - Electronic/Text message baby book. [Referral link](#)

[Hey Mommy](#) - Daily messages from baby

[Baby Center](#)

[What to Expect](#)

[Baby Story](#) - photo editor

[Pregnancy Diet](#) - What to eat/avoid

[Count the Kicks](#)

[Family Album](#) - Private way to share photos. Discount through [referral link](#)

[Glow baby](#) - tracking baby habits

[Hatch Baby app](#) - tracking baby habits

[Kinedu](#) - baby development

[Baby Sparks](#) - baby development

[Chatbooks](#) - Print photo albums from your phone. Use my [referral link](#)

Books (can download via local library app, [Libby](#), or [Hoopla](#)):

[Baby Wise](#)

[Mayo Clinic Guide to a Healthy Pregnancy](#)

[Ina May's Guide to Childbirth](#) and [Spiritual Midwifery](#)

[The Montessori Baby](#)

[How to Talk so Little Kids will Listen](#)

[Cribsheet](#)

[Bringing up Bebe](#)

[Hunt, Gather, Parent](#)

[Good Moms Have Scary Thoughts](#)

[To Have and To Hold](#) by Molly Millwood