

Pregnancy Resources

Pregnancy and Postpartum Nutrition consultants/resources:

1. Alexandra Paetow- <https://thriveandbloomnutrition.com/>
2. Meghan McMillin- <https://www.mamaandsweetpeanutrition.com/>

Fitness:

1. Oh baby fitness- <https://www.ohbabyfitness.com/>
2. Yoga with Adriene- <https://www.youtube.com/user/yogawithadriene>
3. Strength in moms: <https://strengthinmoms.com/>
4. Expecting and empowered- www.expectingandempowered.com/

Safety:

1. Online CPR courses- <https://www.redcross.org/>
2. Mastering medical emergencies for moms- <https://www.shantripp.com/>
3. Car seats- <https://safeintheseat.com/>

Postpartum planning

1. 4th trimester project: <https://newmomhealth.com/>