

babytalk mom file

Everything you need—just when you need it:

EMERGENCY NUMBERS:

Pediatrician: _____ **Phone** _____

Health insurance: _____ **Phone** _____

Nearest relative: _____ **Phone** _____

Police Department: _____

Fire Department: _____

Poison Control Center: 800/222-1222

BABYSITTERS:

1. _____ **Phone** _____

2. _____ **Phone** _____

3. _____ **Phone** _____

PROFESSIONAL HELP:

Lactation consultant: _____ **Phone** _____

Childcare center: _____ **Phone** _____

Other: _____ **Phone** _____

CONVENIENCE SERVICES:

Favorite takeout:

1. _____ **Phone** _____

2. _____ **Phone** _____

3. _____ **Phone** _____

Grocery delivery: _____ **Phone** _____

Pharmacy: _____ **Phone** _____

WEBSITES WORTH BOOKMARKING:

Babytalk magazine.....babytalk.com

The American Academy of Pediatrics.....aap.org

National Center for Infants, Toddlers, and Families.....zerotothree.org

The LaLeche League.....lalecheleague.org

Breastfeeding helpbreastfeeding.com

Consumer Product Safety Commission.....cpsc.gov

Online grocers.....peapod.com, yourgrocer.com

Diaper and formula vendors.....drugstore.com, 1800diapers.com