

CUC NEWBORN NEWSLETTER

[Fall-Winter 2024]

St Christopher's Newborn Clinic

Walk-In Sick Clinic | Monday- Friday: 8:30a-11a; 1:00p-3:30p | Saturday: 8:30a-11a

The BREAST Perspective: Lactation & Breastfeeding/Chestfeeding



St. Chris Lactation Warmline Scan to Text our IBCLC Team!
M-F: 8:30am- 5:00pm
Call: 215-427-MILK (6455)



Pacify:
24/7 FREE (code- STCHRIS) for
virtual lactation support



Maternal & Post-Birthing Persons



Post Partum Mental Health Resources

- **Philly LOVES Families: Mental Health and Wellness**
- PhillyFamiliesCAN.com or call (215) 685-4701 to get connected with a support professional for in home support
- <https://ppdphilly.com/>
- **Community Behavioral Health**
(CBH): cbhphilly.org 215-413-3100
- For mental health **crisis**, text PA to 741-741 or use CBH crisis hotline 215-686-4420



Post-Partum Care & Wellness

- Don't forget to follow-up with your OBGYN for scheduled follow-up visits!
- Healthy Mom&Baby Magazine: <https://www.health4mom.org/>
- <https://www.postpartum.net/>

Compassion Corner: Social Work

215-427-5449/215-427-3553



Did you know there is a social work team dedicated to the CUC? Jodi and Bethany are here to provide extra support for families! Here are some of their favorite resources they want everyone to know about:

Our Closet In Your Neighborhood



Has monthly events where families can receive food, choose clothing, and connect to social services.

Weekly Support Groups



Free weekly support groups – from Mindfulness to Dad Support Groups to Navigating Substance Use and Parenting to Yoga Groups.

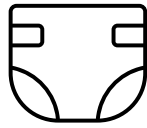
Newborn/Infant Resources

PhillyLovesFamilies.com

Pregnancy to Preschool



Diaper Banks



Parenting Resources



Safety Checklist!

- | | | | |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Safe place for infant to sleep! | <input type="checkbox"/> | Adjust water heater to 120 °F |
| <input type="checkbox"/> | Rear-facing car seat until 2 years old | <input type="checkbox"/> | Use hands-on care during bath time and on the changing table |
| <input type="checkbox"/> | Smoke & Carbon Monoxide Detectors | <input type="checkbox"/> | Store all guns unloaded & locked |

If you have any questions or need any of the above items, please let our team know!!

Legal Services through

Legal Clinic for the Disabled

Call or email for Landlord/Tenant Issues:

- aetheredge@lcdphila.org

- 215-427-5343



FREE information about education, mental health, housing, immigration and MORE!!

Here are positive parenting resources and fun ways to bond with your child!!

BrightbyText:

Free Parenting TIPS
Text BRIGHT to 274 448

Free Library of Philadelphia:
freelibrary.org

Art-Reach.org

\$2 tickets for families with an Access Card to museums, gardens and live shows



myphillypark.org

Deep connections with your child strengthens their inner resilience, builds their sense of safety in the world, & sets them up for healthy relationships as they grow. Through relationships, children learn how to think, understand, communicate, behave, express emotions and develop social skills

Uninterrupted (cell phone free) attention is one of the strongest ways to build your relationship. This could be a screen-free dinner, a quiet walk or sharing a book.