

HELPFUL INFORMATION



Important Phone Numbers • 121

Community Resources • 121

Bibliography • 124

Helpful Information

Important Phone Numbers

INSURANCE COMPANY _____

MOTHER'S PHYSICIAN _____

BABY'S PHYSICIAN _____

- MERCY MEDICAL CENTER - DES MOINES(515) 247-3121
1111 6th Avenue, Des Moines, IA 50314
- BEREAVEMENT SUPPORT(515) 358-3000
- BIRTHING UNIT(515) 358-3000
- BIRTH CERTIFICATES (515) 286-3781
- CHILDBIRTH CLASS REGISTRATION(515) 643-MOMS, option 1
CLASS CANCELLATIONS - INCLEMENT WEATHER(515) 358-5060
- MERCY CHILDREN'S CENTER - PEDIATRICS UNIT(515) 247-3300
- HOME CARE(515) 247-8383
- INFANT CPR CLASSES.....(515) 243-2584
- LACTATION CONSULTANTS(515) 358-2082
- LITTLE MIRACLES LACTATION BOUTIQUE.....(515) 358-2080
- MATERNITY TRIAGE AND TREATMENT UNIT(515) 358-3100
- MERCY NURSE.....(515) 643-MOMS, option 1
- MOTHER/BABY UNIT(515) 358-2000
- NEWBORN NURSERY(515) 643-MOMS
Answered 24-hours a day for any infant concerns.
- PATIENT ADVOCATE(515) 643-2861
- SOCIAL SERVICES(515) 247-4330
- VARIETY NEONATAL INTENSIVE CARE UNIT(515) 358-4000
- VISITING NURSE SERVICES(515) 288-1516

Community Resources

Hotline Information

- CHILD ABUSE HOTLINE(515) 283-9222 or 1-800-362-2178
- DRUG USE HOTLINE (prevention and treatment information)1-800-729-6686



NATIONAL AIDS HOTLINE (for information, testing, medical care)	1-800-342-2437
NATIONAL DOMESTIC VIOLENCE HOTLINE (information, support)	1-800-799-7233
NATIONAL SPANISH-LANGUAGE HOTLINE	1-800-344-7432
NATIONAL STD HOTLINE	1-800-227-8922
POSTPARTUM DEPRESSION SUPPORT	(515) 246-6555
Call family physician or First Call For Help	
RAPE CRISIS LINE (information, support & referral)	(515) 286-3535
SUICIDE PREVENTION HOTLINE.....	1-800-784-2433 or (515) 244-1000
YOUTH AND SHELTER HOTLINE	(515) 233-2330 or 1-800-600-2330

Helpful Numbers

ADOPTION INFORMATION.....	1-800-862-3678
ALCOHOLICS ANONYMOUS (INFORMATION & REFERRAL) ..	1-800-711-6375
AUTO SAFETY HOTLINE (VEHICLE & CAR SEAT INFORMATION)	1-888-327-4236
BIRTH CERTIFICATE AND PATERNITY INFORMATION.....	(515) 281-4944 or (515) 281-5871
DES MOINES MOTHERS OF MULTIPLES	(515) 967-4152
EMERGENCY FOOD PANTRY LOCATIONS	(515) 246-6555
FAMILY VIOLENCE CENTER	(515) 243-6147
FIRST CALL FOR HELP	(515) 246-6555
FOOD FOR WOMEN, INFANTS AND CHILDREN (WIC)	(515) 697-6700
HIV/AIDS COUNSELING AND TESTING.....	(515) 286-2088
IOWA SUDDEN INFANT DEATH (SIDS) ALLIANCE	(515) 279-6928
LA LECHE LEAGUE	1-800-525-3243 or (515) 457-7174
POISON CONTROL.....	(515) 241-6254 1-800-352-2222
SOCIAL SECURITY INFORMATION	1-800-772-1213
U.S. CONSUMER PRODUCT SAFETY COMMISSION	1-800-638-2772

Free Immunizations

CHILD HEALTH INSURANCE PROGRAM.....	1-877-543-7669
HAWKEYE HEALTH INSURANCE FOR CHILDREN	1-800-257-8563
HOUSE OF MERCY MEDICAL CLINIC 1409 Clark Street	(515) 362-6525
POLK COUNTY DEPARTMENT OF SOCIAL SERVICES 1900 Carpenter (ask for General Relief)	(515) 286-3702
1740 Garfield (ask for General Relief)	(515) 286-2124

Bibliography

1. Americanbaby.com
2. Babycentral.com
3. Dr. Koop Lifecare Corporation; www.drkoop.com
4. The National Women's Health Information; www.4woman.org/faq/folic.htm
5. iVillage.com, The Women's Network;
www.ivillage.com/topics/family/pregnancy
6. About Network; <http://pregnancy.about.com/cs/pregnancy/>
7. "How Your Baby Grows," March of Dimes
8. "Be Good to Your Baby Before it is Born," March of Dimes
9. "Think Ahead for a Healthy Baby," March of Dimes
10. "Eating for Two," March of Dimes
11. "A Miracle in the Making," Bruce Hayman, Budlong Press Company, 1999
12. "Pregnancy Labor and Birth Guide," Pampers Parenting Institute, Proctor & Gamble, 2000
13. "Prenatal Care – 9 Months," March of Dimes
14. "Sexually Transmitted Diseases – What you should know," March of Dimes
15. Babycenter.com, the Web's leading information source on pregnancy and baby; Growth and Development
16. American Cancer Society, How to do a Self Breast Exam
17. National Highway Transportation Safety Association
18. "The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer," Harvey Karp, M.D., Bantam Dell, 2002
19. SIDS Alliance, What Every Parent Should Know, Reducing the Risks
20. National Immunization Program–Parent's Guide to Childhood Immunization

