



Perinatal Resources

Support Before, During and After Pregnancy

Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital offer the region's greatest number of programs, classes and support groups to keep you – and your family – healthy, informed and prepared for pregnancy, childbirth and parenthood.

Prenatal and Postnatal Classes and Support Groups

Class topics include childbirth education, infant care, breastfeeding, CPR, perinatal exercise, and more. We offer six free weekly support groups for you and your baby. To view the most current offerings, visit cadencehealth.org. To register, call 630.933.4234, TTY for the hearing impaired 630.933.4833.

Lactation Consultations/Breast Pump Rental

International Board Certified Lactation Consultants can help with breastfeeding before, during and after you leave the hospital.

Central DuPage Hospital (CDH) Lactation Services 630.933.6407
Delnor Hospital Lactation Services 630.208.4068
TTY for the hearing impaired 630.933.4833

Our Online Resources

Interactive pregnancy guide: Helps you navigate your pregnancy and prepare for your hospital stay. View at cadencehealth.org/pregnancy-guide.

Moms 2b/Parent Review: A free, email newsletter offering weekly tips for a healthy pregnancy and the first three years of your child's life. Sign up at cadencehealth.org/moms2b.

Virtual tour of Women and Children's Services at CDH: Tour the labor and delivery and mother/baby suites. Visit cdh.org/babytour.

Emmi® Web-based educational programs: Learn what to expect during your delivery. To view, enter the access code that was provided to you upon pre-registration.

Miscellaneous Web Resources

The following resources provide helpful information on a variety of perinatal topics, including pregnancy, labor and delivery, breastfeeding and maternal fetal medicine.

whattoexpect.com

ACOG.org

babycenter.com

kellymom.com

childbirthconnection.org

womenshealth.gov

Healthychildren.org

Illi.org

Recommended Reading

What to Expect When You're Expecting
by Heidi Murkoff

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.944.2358, the Northwestern Lake Forest Patient Relations manager at 847.535.8282 and/or the Northwestern Medical Group Patient Representatives Department at 312.926.1920, TDD/TTY 312.695.3661.

