

Parenting Resources

Here are links for resources you read about in your Family Care Planner. You also can find other resource links that can help you during your parenting journey.

Family Care Plan

[Useful tool](#) to keep track of the services you are using, and to find new ones. You can start or change your Family Care Plan with your care team.

Pregnancy & Postpartum Information

1. [Information about pregnancy.](#)
2. [Information about problems during pregnancy](#) and [warning signs.](#)
3. Information about [mental health](#) and worksheets to help you [calm your mind](#), [communicate your feelings](#), [prioritize what is important to you](#), [reframe your experiences](#), and [identify coping strategies.](#)
4. [Information for pregnant people with substance use disorder.](#)
5. [Information about doulas.](#)
6. Free apps that can help you track your experiences while you are pregnant and when your baby is born. The apps are for iPhone and Android phones.
 - a. *BabyCenter Pregnancy and Baby Tracker App*
Download for: [iPhone](#) or [Android](#)
 - b. *What to Expect App*
Download for: [iPhone](#) or [Android](#)
 - c. *280days: Pregnancy Diary App*
Download for: [iPhone](#) or [Android](#)
7. [Information about foods](#) to avoid during the first year of your baby's life.

Community Resources

1. [NH Family Resource Centers \(FRCs\)](#) & Parent Child Centers: FRCs offer parenting classes, child care, and after-school help. They also offer playgroups and support groups for new parents, and help you find other help. [Watch this informational video.](#)
2. [Women, Infants & Children Nutrition Program \(WIC\)](#): WIC provides healthy food and tips on what to eat and how to breastfeed your baby. WIC provides food packages for those who are breastfeeding and formula for those formula-feeding their babies. Open to people who are pregnant, and those who care for children under 5.
3. [Home Visiting](#): This is for pregnant people and parents of a newborn. It offers tips on how to be healthy, provides support for new parents, and can help find other help if it is needed.
4. [Temporary Assistance for Needy Families \(TANF\)](#): Gives cash each month to families with children who qualify.

Health Insurance

1. Visit [NH Easy](#) to apply for insurance. You also can apply for other help here, including cash, nutrition programs, and child care if you do not yet have it.
2. Use these guides ([guide](#) & [quick guide](#)) to help you get insurance.

Budget Tools

1. [Money Helper](#): Helps you keep track of the money you spend during your pregnancy.
 2. [Budget Calculator](#): Another useful tool that can help you and your family keep track of the money you spend.
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