

# Ep. 90 - Sorting Fact from Fiction: Finding Reliable Pregnancy and Breastfeeding Information Online

---

With so much information online, it can feel overwhelming to know what's trustworthy—especially when you're pregnant, breastfeeding, or planning a family. In this episode of The MotherToBaby Podcast, host Chris Stallman, CGC, sits down with Bridget Maloney, MS, CGC of the University of Arizona and MotherToBaby Arizona to unpack how to separate credible health information from clickbait headlines.

In this episode, they discuss:

-How to tell if a website or social media post is reliable

-Common “red flags” and buzzwords to look out for

-Why even well-intentioned online advice can sometimes mislead

-How to double-check what you see online with healthcare providers

-Where to turn for evidence-based resources you can understand

-Whether you're scrolling through social media or doing a late-night search about a medication or food, this episode will help you navigate today's flood of information with confidence and calm.

Learn more or connect with our experts at [MotherToBaby.org](https://www.MotherToBaby.org)

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).**

---

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, February 10, 2026.