Ep. 74: Preparing for a Hurricane during Pregnancy and Breastfeeding

Taylor Dubuisson, the Coordinator of Training and Best Practices for the Disaster Distress Helpline, joins host Chris Stallman, CGC to talk about dealing with a natural disaster during pregnancy and breastfeeding. She describes what a parent should prepare in an emergency kit and the free resources available should disaster strike. Taylor is also a mother of two toddlers and has spent the last 15 years living in hurricane-prone areas including southern Florida, Guam, and coastal Mississippi.

Resources mentioned in this episode:

Disaster Distress Helpline: Call/Text 1-800-985-5990

MotherToBaby Hurricane Blog

American Red Cross

Centers for Disease Control and Prevention: Prepare for a Hurricane

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Ep. 74: Preparing for a Hurricane during Pregnancy and Breastfeeding

Kirstie Perrotta, MPH, and Angela Messer, MS, join host Chris Stallman, CGC in this special “summer grab bag” of topics related to common summer activities during pregnancy and breastfeeding. Our guest experts talk about everything from chlorine and sunscreen to Zika.

Kirstie Perrotta, MPH, is an information specialist at MotherToBaby California, where she provides counseling by phone and chat. She received her Masters in Public Health (MPH) from the University of San Francisco, and has worked in the field of reproductive health for over 9 years. Kirstie currently serves as a member of the MotherToBaby Emerging Issues Task Force (EITF). Her interests include vaccines, infectious disease, and mental health during pregnancy.

Angela Messer, MS, is an information specialist with MotherToBaby California. She earned her undergraduate degree in psychology from Chapman University and her graduate degree from Kansas State University in academic advising/counseling. Angela has been with MotherToBaby since 2009, with experience in both research and counseling. She appreciates the opportunity to speak with people who are pregnant and/or breastfeeding and healthcare professionals regarding exposures and medications, and holds a special interest in stress and anxiety in pregnancy and breastfeeding.

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