Episode 4: Maternal Mental Health & Postpartum Depression

What can a pregnant or breastfeeding woman take to control her mental illness? What happens if she leaves her mental illness untreated? What are the risks to her developing baby? Host Chris Stallman, a certified genetic counselor and mother, helps provide answers in a Maternal Mental Health Month special edition episode featuring Dee Quinn, also a certified genetic counselor, as well as a teratogen information specialist with a psychiatric nursing background. Also, this episode features special guests from Keepemcookin.com and SpeakingforMomsandBabies.com.

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Now that marijuana is legal is many states, pregnant women are asking, is it ok to consume during pregnancy? How about breastfeeding? MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother, takes questions from moms around the country about the known safety of marijuana products during pregnancy and while breastfeeding. World-renowned epidemiologist Christina Chambers, PhD, MPH, a University of California San Diego professor whose groundbreaking marijuana in breastmilk study recently made international headlines, joins Chris to provide evidence-based answers.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother of three, takes questions from other moms around the country about the known safety of using beauty products during pregnancy and while breastfeeding. She covers questions surrounding lash enhancers and acne treatments and what their potential risks are to the developing baby if used during pregnancy and breastfeeding. Sharon Voyer Lavigne, MS, a licensed genetic counselor at MotherToBaby's Connecticut affiliate, is her guest expert helping to provide callers with evidence-based answers.

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If I'm pregnant, can I use essential oils? Is it ok to take herbal products, like flaxseed and other herbal supplements during breastfeeding? MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother of three, takes questions from other moms from around the country about the known safety of using essential oils and herbal products during pregnancy and breastfeeding. Alfred Romeo, RN, PhD from MotherToBaby's Utah affiliate is her guest expert helping to provide evidence-based answers.

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