

Ep. 43: Melatonin in Kids, Pregnancy and Breastfeeding

Laura Morehouse, MPH, CHES, Community Outreach Coordinator from the Arizona Poison and Drug Information Center joins host Chris Stallman, CGC, to talk about the recent controversy surrounding melatonin overdoses.

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

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Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, continues telling her story of postpartum depression and anxiety (also known as perinatal mood disorders). In this second part of the conversation, she talks about certain medications prescribed during pregnancy and breastfeeding.

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Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, shares her story of postpartum depression and anxiety (also known as perinatal mood disorders). Even as an OBGYN, the often-debilitating condition was difficult to recognize during her own motherhood journey. Dr. Vernon joins host Chris Stallman, certified genetic counselor, to share the lesser-known symptoms of postpartum depression and anxiety and when it's time to get help.

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Chris Stallman, Certified Genetic Counselor, is joined by Alfred Romeo, RN, PhD of MotherToBaby Utah to answer questions about household cleaners and sanitizers during pregnancy and breastfeeding.

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Chris Stallman, Certified Genetic Counselor, is joined by Alfred Romeo, RN, PhD of MotherToBaby Utah to answer questions about lead exposure during pregnancy and breastfeeding.

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