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

Rebecca J. Schmidt, PhD, a molecular epidemiologist at UC Davis, joins host Chris Stallman, CGC, to talk about research surrounding wildfires, pollution and the effects on pregnancy. Dr. Schmidt also gives some information on a DIY project to reduce pollutants in your own home.

Resources Mentioned in this Episode:

How to build a Corsi-Rosenthal Box: https://www.youtube.com/watch?v=hIuH-2naozI

"Keeping Your Cool When Fire Season Heats Up," MotherToBaby Blog

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

Psychiatric nurse practitioner, Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about maternal mental health, how common postpartum mental health challenges are and what to do to get help.

Resources mentioned in this episode:

Postpartum Support International

MotherToBaby Maternal Mental Health Hub

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

In this special episode, MotherToBaby Podcast host, Chris Stallman, CGC, introduces listeners to Nurse Family Partnership (NFP) an evidence-based, community health program with 45 years of research showing significant improvements in the health and lives of first-time moms and their children affected by social and economic inequality. Guests, Marie James and Savannah Bertrand, talk about the impact NFP has had on their lives and how the parents can find a local NFP nurse where they live.

Marie James, MHA, MHEd, BSN, RN has more than 30 years of clinical, public health and program administrative experience. She currently serves as a Senior Manager, Nursing Practice with the National Service Office for Nurse-Family Partnership and Child First.

Savannah Bertrand, an NFP Parent Ambassador, was introduced to Western Wisconsin Nurse-Family Partnership Consortium in 2019 by her local WIC office after becoming pregnant with her second child and disclosing pre-existing mental health issues. Savannah says her NFP nurse gave her confidence to take care of her own mental health plus the reassurance that she would be an excellent parent.

To watch this episode on YouTube, click here.

Resources mentioned in this episode:

Nurse Family Partnership

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