Leading Authority in Birth Defects Research and Prevention Launches Podcast for Moms

The MotherToBaby Podcast Is A New 'Must-Have' Resource for Pregnant and Breastfeeding Moms

BRENTWOOD, TN – From herbal supplements in pregnancy to marijuana in breastfeeding, "no topic is off-limits," describes Chris Stallman, a certified genetic counselor and host of the new MotherToBaby Podcast launching May 8, just ahead of Mother's Day. The episode series will be available on iTunes and podcatcher services everywhere and promises to deliver evidence-based information about exposures during pregnancy and breastfeeding in a relatable format – from one mom to another.

Stallman, a mother of three including a toddler, takes calls on the show from the general public about exposures, like essential oils and medications for mental health disorders, during pregnancy, breastfeeding, pre-pregnancy and adoption. Stallman, as well as the various guest experts joining her on each episode, are teratogen information specialists – trained professionals in understanding and communicating environmental risks that may be associated with birth defects, adverse pregnancy outcomes and/or effects on the nursing infant. "I've been there with three pregnancies and tons of questions, so we want those who call in to our show to feel welcome," explained Stallman. "We provide a judgment-free zone where callers will not only feel comfortable asking anything about a particular exposure during pregnancy or breastfeeding, but they'll have the opportunity to get answers directly from experts actively involved in the research surrounding that particular topic," explained Stallman.

The MotherToBaby Podcast is the latest platform provided by the Organization of Teratology Information Specialists (OTIS), the scientific non-profit society behind MotherToBaby's no-cost services. MotherToBaby has been able to embark on new outreach efforts to reach underserved populations and launch new communication initiatives, such as The MotherToBaby Podcast through a cooperative agreement with the U.S. Health Resources and Services Administration, as well as through the generous donations made by the public. The four-episode launch beginning May 8th will focus on:

- Essential Oils and Herbal Supplements
- Beauty Products
- Marijuana
- Maternal Mental Health

The new podcast can easily be found on iTunes, Google Play, Spotify, Stitcher and podcatcher services everywhere by searching "MotherToBaby." Listeners can be alerted to new episodes by subscribing to the series.

The MotherToBaby Podcast has also been selected to be part of the Parents on Demand (POD) Network, which has a free app available on iOS and Android. The POD Network is a collection of podcasts with content specifically created for parents and families. "The shows on our network help guide families through the various stages of life," said Sunny Gault, Founder and Network Director. "The addition of The MotherToBaby Podcast is the perfect must-have resource for anyone looking for evidence-based information on exposures during pregnancy, while planning a pregnancy or while breastfeeding."

More about OTIS and MotherToBaby

The Organization of Teratology Information Specialists (OTIS) is a professional scientific society made up of individuals engaged in assessing and evaluating risks to pregnancy and breastfeeding from environmental exposures. Members include, but are not limited to, specialists in the fields of: obstetrics and gynecology, pediatrics, genetics, dysmorphology, perinatal epidemiology, teratology, behavioral teratology, pharmacy, genetic counseling, nursing, midwifery, maternal and child health, public health, and includes experts that provide MotherToBaby services and researchers that conduct MotherToBaby Pregnancy Studies. MotherToBaby is a suggested resource by many federal agencies including the Centers for Disease Control and Prevention (CDC). To be connected with a MotherToBaby expert, please call (866) 626-6847, text questions to (855) 999-3525 (standard messaging rates might apply, check

with your carrier) or visit www.MotherToBaby.org.

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