

MotherToBaby Launches Pregnancy Interactive Tool, FASD Podcast Series, Webinar to Highlight Birth Defects Awareness Month

FOR IMMEDIATE RELEASE

BRENTWOOD, TN - With 1 in 33 U.S. babies affected by birth defects each year, MotherToBaby, in partnership with the National Birth Defects Prevention Network (NBDPN), is kicking off National Birth Defects Awareness Month by unveiling a new digital pregnancy tool as well as a special podcast series that offers listeners continuing education credits.

MotherToBaby's new and **interactive critical periods of pregnancy tool** aims to help pregnant people better understand the different stages of prenatal development and when exposures can impact different organ systems. By entering a last menstrual period (LMP) or estimated due date (EDD), as well as when an exposure (such as alcohol or medication use) took place, the user can see how far along they are in the pregnancy and visualize when important development events, such as the formation of the heart and lungs, are estimated to take place. Interactive popups on the chart provide more detailed definitions and information to effectively reach people of all health literacy backgrounds.

"The critical periods chart has been around for some time in the field of teratology," shared project lead Kirstie Perrotta, MPH. "However, our team really wanted to add more detail and make the tool as interactive as possible." When people have questions about an exposure in pregnancy, they can call MotherToBaby to receive a one-on-one assessment. This new tool is a nice complement to the personalized information service, allowing individuals to modify the chart with just a few clicks to reflect their specific dates. "The end goal was always to increase education on the topic of prenatal development," added Perrotta. "With better information available to the public, individuals can make the best choices possible for their developing baby."

Also, just in time for Birth Defects Awareness Month, The MotherToBaby Podcast announces a **three-part series** on Fetal Alcohol Spectrum Disorders (FASD) in collaboration with the Centers for Disease Control and Prevention (CDC) and FASD United. For the first time ever for The MotherToBaby Podcast listeners, they can earn continuing education credits if they listen to the three-episode series. "We know that exposure to alcohol during pregnancy can cause serious birth defects and FASD. Many people may be unfamiliar with how to recognize FASD, which often goes undiagnosed," said Lorrie Harris-Sagaribay, MPH, MotherToBaby President. "We are thrilled to reach more healthcare providers and members of the public to educate them about FASD through our popular podcast platform." Continuing education credit details are provided in the show notes of each episode. **The MotherToBaby Podcast** is available on **Apple Podcasts, Amazon Music, Spotify,** and anywhere podcasts are played.

To complement the FASD podcast series, a free Birth Defects Awareness Month webinar about FASD aimed at healthcare providers will take place on January 31, 2025 at 9a PT/12p ET. The webinar will be presented by Dr. Noemi Spinazzi of the American Academy of Pediatrics. It is a free webinar, but advanced registration is required at the following link: <https://momtobaby.org/FASDwebinar2025>

Every January during Birth Defects Awareness Month, MotherToBaby, in partnership with the National Birth Defects Prevention Network (NBDPN) and other health organizations, aims to raise awareness about birth defects, their effects on the community and prevention efforts. Please share the tools found in the NBDPN education and awareness packet that can be accessed online at <https://nbdpn.org/national-birth-defects-awareness-month/>.

More about MotherToBaby

MotherToBaby, a service of the non-profit Organization of Teratology Information Specialists (OTIS), is dedicated to providing no-cost evidence-based information to pregnant and breastfeeding people, healthcare professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. Talk directly to the experts behind the most up-to-date research by calling (866) 626-6847, texting (855) 999-3525, or via live chat and email on www.MotherToBaby.org. MotherToBaby is recommended by many agencies, including the Centers for Disease Control and Prevention (CDC).

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

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