

Free Services for All Moms

Empowering Women to Make Safe and Healthy Choices.

Welcome to MotherToBaby California, a non-profit organization that provides free, personalized risk assessment counseling and information about medications, vaccines, alcohol and other exposures to pregnant and breastfeeding moms. Have a question? Use the confidential form to the right to fill out your information so our expert counselors can reach you!

We want every woman to have free, accurate information on the safety of medications in pregnancy and while breastfeeding. Help us reach our goal with you!

Learn More About Us

We are partnering with California's Black Infant Health program to increase support for pregnant and breastfeeding women by providing information on common exposures that result in unnecessary risks, complications and birth defects.



Contact Us Today

100% Confidential.

Did You Know?

African American infants are about 30% more likely to be born premature compared to all of San Diego County's infants overall. Together, we can change this!

Our Website

Study Exam

Counseling & Information

Pregnancy Studies

We're breaking down barriers of accessing information so all women have the opportunity to have healthy babies.

Let's Connect!



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

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). *OTIS/MotherToBaby encourages inclusive and person-centered language. While our name still contains a reference to mothers, we are updating our resources with more inclusive terms. Use of the term mother or maternal refers to a person who is pregnant. Use of the term father or paternal refers to a person who contributes sperm.* Copyright by OTIS, May 25, 2016.