

Free Health Education from MotherToBaby California

Confidential information about exposures in pregnancy is just one click away!

MotherToBaby California is a FREE information service about exposures during pregnancy and breastfeeding powered by UC San Diego's Department of Pediatrics. Our staff are experts at talking to families about medications, diseases, vaccines, and other exposures during pregnancy and breastfeeding. As an official partner of **Planned Parenthood**, we look forward to helping you in your pregnancy and breastfeeding journey.

Do you have questions about an exposure or would you like a comprehensive exposure risk assessment? You can **contact our team of experts** for free through live chat, email, or over the phone. MotherToBaby also offers fact sheets, baby blogs, and podcasts about **popular topics** related to pregnancy.

Find out more about the ways we can help you during your pregnancy or while breastfeeding!

VISIT MOTHERTOBABY CALIFORNIA



Reach Out to a Counselor

 **PHONE**

 **CHAT**

 **EMAIL**

You can contact our experts for free, confidential information about different exposures in pregnancy and breastfeeding.

We're here Monday through Friday. Call, Chat, or Email!

Phone 866.626.6847 | **Chat** MotherToBaby.org/California | **Email** MothersToBaby.org/Ask-An-Expert

Get the Facts

Our MotherToBaby Fact Sheets offer the most current information on exposures in pregnancy and breastfeeding.

SEARCH

Read Our Blogs

Every person wants to know what's best for their baby. Our experts address today's most pressing exposures.

GO

Listen to Our Experts


Host Chris Stallman answers your burning questions about exposures during pregnancy and breastfeeding.

LISTEN



UC San Diego Health

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Let's Stay in Touch

Our e-Newsletter brings you the latest information, news, and resources from the experts at MotherToBaby California.

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

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