

IMPACT REPORT

2025 Highlights

Helping Parents Make the Best Choices for a Healthy Pregnancy and Baby



MotherToBaby is a **free** service that helps parents and families learn about exposures in pregnancy and while breastfeeding. We answer questions about exposures- medications, vaccines, illnesses, and even things like foods or chemicals.

You can call, text, email, or chat with an expert, and we will explain what is known about the exposure. MotherToBaby also makes easy-to-read fact sheets and does studies to learn more about how different exposures can affect moms and babies. Our goal is to help parents feel less worried and make the best choices for a healthy pregnancy and baby.

“*I really appreciated the ability to, one, speak to a real person, and two, get information, very quickly and in a way that felt thoughtful and thorough.*”

Top Exposure Topics

- Vitamins and Supplements
- Environmental Exposures-Lead, Heat, Air and Water Quality
- Cosmetics
- Allergy Medications
- Pain Relievers
- Food and Beverage
- Antibiotics
- Mental Health Medications



Letter from the President



Lorrie Harris-Sagaribay, MPH
President

The Organization of Teratology Information Specialists and its service, MotherToBaby, continue to serve healthcare professionals, women, partners, and families through one-on-one benefit/risk assessments and an ever-growing collection of online evidence-based resources. New in 2025:

- A repository of on-demand OTIS webinars offering evidence-based education and updates to healthcare providers, presented by subject matter experts and available at no cost.
- An interactive Fetal Development Chart allowing users to overlay specific pregnancy exposure dates (e.g. alcohol exposures) on an individualized fetal development chart.
- Infographics developed with expert partners, including tips for preventing medication mix-ups, safety tips for pesticide use, a measles protection decision tree, and more.
- The sixth season of the MotherToBaby Podcast, reaching a total of 85 episodes featuring expert guests discussing timely exposure topics.
- New and updated OTIS Fact Sheets addressing over 300 exposures, available in English and Spanish, as well as some in French.
- Social media initiatives to educate the public, promote partner resources, and participate in collaborative global efforts such as Birth Defects Awareness Month.

Internally, OTIS/MotherToBaby committees and work groups continue to ensure quality and consistency in the MotherToBaby service, build and strengthen partnerships, and otherwise work towards the goals of our Strategic Plan. We are grateful to our members, donors, and funders, without whom we could not continue this critical work.

2025 Board of Directors



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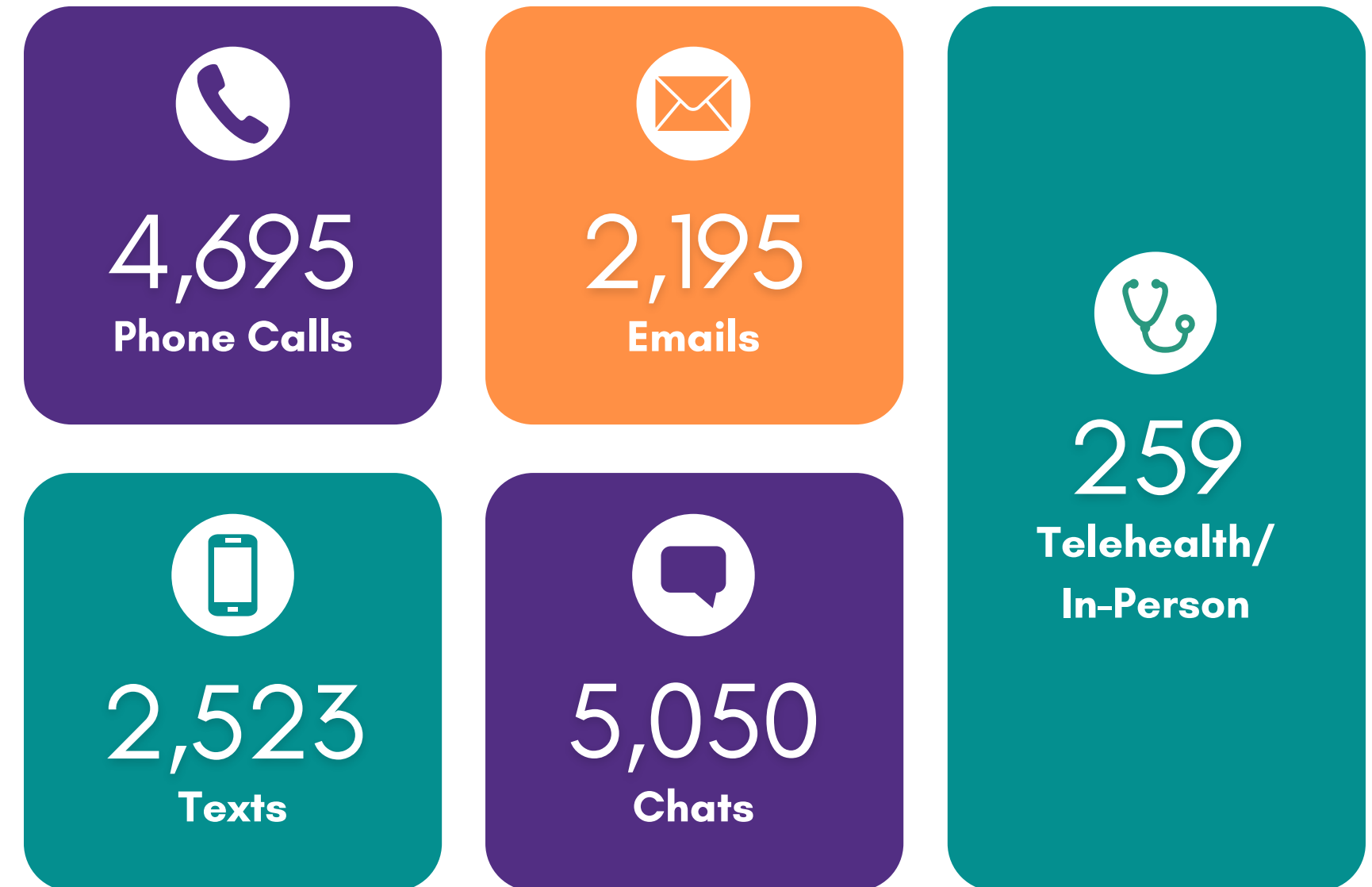


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MotherToBaby Questions Answered



Our MotherToBaby experts answered 29,449 exposure questions through phone, text, email, or chat. The service is confidential and provided at no cost.

MotherToBaby Reach

MotherToBaby aims to provide evidence-based information in as many forms as possible to reach individuals where they are and provide them with vital information.



Caffeine

This sheet is about exposure to caffeine in pregnancy and while breastfeeding. This information should not replace medical care and advice from your healthcare providers.

What is caffeine?

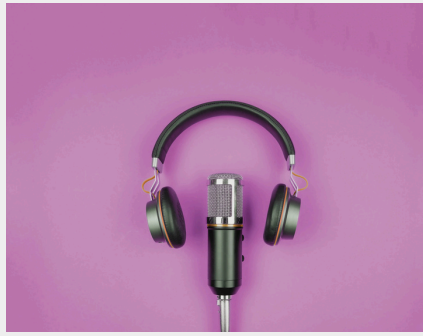
Caffeine is a stimulant found in many foods and beverages. It is also found in some prescription and over-the-counter medications. Caffeine is naturally found in the leaves, seeds, and fruits of more than 60 plants. Caffeine's main effect is making people feel more awake for a short time. Caffeine is also a diuretic, meaning that it helps get rid of water from the body. It is important that pregnant people who use caffeine stay well-hydrated by drinking enough water. Most experts suggest that people who are pregnant limit their caffeine intake to 200 mg or less per day.

How much caffeine is in common foods and drinks?


The best way to know how much caffeine is in a product is to check the ingredient label. The amount of caffeine in some common items is listed below (amounts are approximate and may vary between products):

- 8 oz. cup of brewed coffee 137 mg
- 12 oz. (tall) Starbucks® cup of coffee 235 mg
- 8 oz. cup of instant coffee 76 mg
- 8 oz. cup of brewed tea 48 mg
- 8 oz. cup of hot chocolate 5 mg
- 12 oz. Coke® 46 mg
- Red Bull® energy drink 67 mg
- 1 cup of coffee ice cream 4 mg
- Milk chocolate bar 10 mg
- Plain chocolate bar 10 mg


300+ Fact Sheets
2025 views
1,625,634 English
622,005 Spanish




91 Podcast Episodes
47,731 Downloads



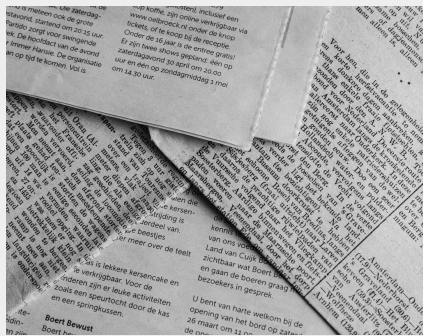
LactRx App
31,288 Active Users




Website
3,809,360 Website Visits Annually




Questions Answered
29,449 Questions Annually



Healthcare Provider Newsletters
10,000 recipients



Social Media
46,463 Followers



153 Blogs
Viewed 328,144 Times in the Last 12 months

Trusted Answers. Healthier Beginnings.



MotherToBaby answered over 29,000 exposure questions in 2025 alone — confidentially, compassionately, and at no cost to families. Our services are essential for preventing birth defects and improving maternal and infant health outcomes.

We ensure that every family and health care provider, regardless of income or location, receives clear, evidence-based information when they need it most.

MotherToBaby

- ✓ Confidential
- ✓ Free of charge
- ✓ Evidence-based
- ✓ Improves decision-makers' confidence

“

You are helping us change the course of the care we provide!

”

Valued Resource for Health Care Providers

MotherToBaby plays a vital role in supporting healthcare providers with timely, evidence-based information about medication and environmental exposures.

In 2025 alone, 7,081 exposure inquiries—24% of all questions—came directly from healthcare providers, reflecting the program's importance in helping clinicians deliver the highest level of care to pregnant and breastfeeding patients.

24% of exposure questions came from healthcare providers.



MotherToBaby®

Additional Initiatives



National Library of Medicine

OTIS is a contributor to the prestigious Library of Medicine (NLM) with more than 300 bilingual evidence-based fact sheets. For more than 200 years, the NLM has been a partner for biological discovery, clinical care decision-making, and healthcare choices in everyday living.



LactRx App



LactRx by MotherToBaby is a free app providing current information on the use of medications, vaccines, diagnostic agents, and drugs of misuse during breastfeeding. The app has been downloaded over **6,700 times with 13,238** engaged sessions.



Pregnancy Studies

MotherToBaby conducts observational research that allows experts to determine if medications/vaccines pose a risk to pregnancy or a developing baby.

ONGOING STUDIES

- Ankylosing Spondylitis
- Asthma
- Constipation
- Coronavirus (COVID-19)
- Crohn's Disease
- Eczema (moderate-to-severe)/Atopic Dermatitis
- Lupus
- Multiple Sclerosis
- Psoriasis
- Psoriatic Arthritis
- Rheumatoid Arthritis

Partners

MotherToBaby establishes partnerships with organizations that share our interest in the health of families. We also refer to a number of other resources that can provide helpful information about pregnancy, birth defects, and exposures during pregnancy and breastfeeding.

- Allergy & Asthma Network
- American Academy of Allergy, Asthma & Immunology
- American Academy of Pediatrics
- American College of Obstetricians and Gynecologists (ACOG)
- Association of Maternal & Child Health Programs
- Bright by Text
- Center for Disease Control and Prevention
- CreakyJoints
- FASD United
- Foundation of the National Lipid Association
- Health Resources Services Administration
- March of Dimes
- MyHealth Teams



- National Birth Defects Prevention Network
- National CMV Foundation
- National Diaper Bank Network
- National Indian Health Board
- National Maternal Mental Health Hotline
- National Multiple Sclerosis Society
- Patient Education Genius
- PatientsLikeMe
- Pediatric Environmental Health Specialty Unites
- Preventive Cardiovascular Nurses Association
- Postpartum Support International
- Rural Health Information Hub
- Society for Birth Defects and Research Prevention
- Society for Maternal-Fetal Medicine
- Spondylitis Association for America (SAA)
- The Mighty
- More added monthly

The Difference MotherToBaby Makes for Families



“Hi, I recently called and had an incredibly positive experience. The person I spoke with was wonderful—very knowledgeable, attentive, and supportive. They took the time to truly listen to my concerns and provided clear, thoughtful answers that addressed everything I needed.

I’m especially grateful for the helpful resources that were shared with me. I learned more from this conversation than from any other interaction I’ve had during my pregnancy so far, and I’m currently six months along. The information I received has helped me feel more confident and informed about the decisions I’ll need to make moving forward.

I truly appreciate having access to a service like this, where I can ask questions and receive reliable, well-supported guidance. It means a lot to know that someone is available who is both knowledgeable and compassionate. I’m very thankful for this experience and for the valuable support I received.

-Caller from California

“Thank you for the wonderful information and how to breastfeed after I have been exposed to poison.”



“There is plenty of anxiety in pregnancy already, so honestly, this is one of the best, most helpful services I have been referred to.”



“The specialist shared great resources for my questions and I learned more from her than from anyone else I have spoken to during my pregnancy.”





Donor Listing

Thank you to our generous donors.

Your support aligns you with one of the most respected, science-based organizations in maternal and infant health.

- Laura Barton
- Bryce Brown
- Treshana Bryce
- Kellie Catanach Johnson
- Radha Cherukuri
- John Cosgrove
- Emily Gravolet
- Greater Salina Community Foundation
- Lorrie Harris-Sagaribay, MPH
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- Alfred N Romeo, BA, BSN, RN, PhD
- Rachel Steere
- Surescripts, LLC
- Anna L. Taylor, CFRE
- Michelle Voegels
- Ana Williams

MOTHERTOBABY: PROTECTING THE HEALTH OF MOTHERS AND BABIES



Every day, expectant and new parents face difficult questions:

“Is this medicine safe for my baby?”

“Can I get a vaccine while pregnant?”

“Will my health condition or job exposures affect my child?”

Without clear answers, families are left worried, and some may even stop important treatments out of fear. The result can be serious risks for both mother and baby.

MotherToBaby exists to change that.

MotherToBaby specialists come from various backgrounds, including public health, genetic counseling, and nursing. Specialists receive extensive training to be able to interpret complex research and help contacts weigh risks versus benefits of different exposures.

“I wanted to thank MotherToBaby for the excellent evidence based counseling you gave me. It makes me feel safer continuing certain medications during pregnancy that are important for my health and seeking safer options for medicines that I can switch.”



With Your Help We Can:

01 EXPAND SERVICE

Design a MotherToBaby app, chatbot, and other digital resources.

02 CREATE RESOURCES

Increase reach through multilingual materials.

03 INCREASE ACCESS

Broaden reach to frontline health care providers serving pregnant and breastfeeding women.

04 INVEST

Train the next generation of information specialists.



MotherToBaby®




Contact Us

For exposure related questions, please contact one of our specialists at 866.626.6847.

National Office

 5034 A Thoroughbred Lane, Brentwood, TN 37027

 615.649.3082

 contactus@mothertobaby.org

mothertobaby.org



THANK YOU



MotherToBaby®