

Resource	Link	Infant Related	Child & Teen Related	Maternal Health Related	COVID-19 Related	Description
American Society for Reproductive Medicine (ASRM)	https://www.asrm.org/globalassets/asrm/asrm-content/news-and-publications/covid-19/covidtaskforceupdate11.pdf			X	X	COVID-19 recommendations and information about the Pfizer-BioNTech and Moderna vaccines for individuals are, or are planning to be, pregnant or lactating.
Postpartum Support International	https://www.postpartum.net/			X		Resources on mental health during pregnancy and the postpartum period.
University of Illinois at Chicago COVID-19 Tool Kit	https://www.center4healthandsdc.org/covid-19-wellness-resources.html		X	X	X	Includes multiple videos, articles, and tips on how to stay physically and mentally well during COVID.
American Academy of Child and Adolescent Psychiatry	https://www.aacap.org/coronavirus		X	X	X	Includes tips for parents to help families deal with challenges related to COVID-19, such as decreased social interactions and doing school at home.
City of Austin	http://austintexas.gov/department/covid-19-information/community-resources	X	X	X	X	Has links for multiple assistance programs, free virtual entertainment, and community wellness programs.
Mental Health America	https://www.mhanational.org/maternal-mental-health		X	X	X	Has ways to learn more about maintaining maternal mental health during pregnancy and the postpartum period.
Pregnancy and Postpartum Health Alliance Texas	https://www.pphatx.org/helpduringcovid-19			X	X	Local organization that has resources on perinatal mental health for parents in the Central Texas area, as well as links to multiple virtual support groups.
American Academy of Pediatrics (AAP) Parenting	https://www.healthychildren.org/English/Pages/default.aspx	X	X	X	X	Has information for parents on precautions and current recommendations to ensure that children stay safe and healthy.
American College of Obstetricians and Gynecology (ACOG)	https://www.acog.org/patient-resources/faqs/pregnancy/coronavirus-pregnancy-and-breastfeeding	X		X	X	Includes information on COVID-19 and best practices during pregnancy, baby's birth, and the postpartum period.
American College of Obstetricians and Gynecology (ACOG)	https://www.acog.org/en/COVID-19/COVID-19%20Vaccines%20and%20Pregnancy%20Conversation%20Guide%20for%20Clinicians			X	X	Conversation guide for patients and health care providers to talk about the COVID-19 vaccine during pregnancy.
Academy of Nutrition and Dietetics	https://www.eatright.org/coronavirus		X	X	X	Has tips for food safety during COVID-19, tips for cooking at home, and information about programs that increase food access.
UT Health-Women's Reproductive Mental Health Clinic	https://uthealthaustin.org/clinics/mulva-clinic-for-the-neurosciences-neurology/womens-reproductive-mental-health			X	X	Information about a clinic that is part of UT Health Austin that specializes in helping moms and moms-to-be deal with challenges.
UT Health-Women's Reproductive Mental Health Information Bulletins	https://uthealthaustin.org/clinics/mulva-clinic-for-the-neurosciences-neurology/womens-reproductive-mental-health/wrmh-information-bulletins			X		Has links to bulletins on different topics related to pregnancy and postpartum.

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Center for Mindful Self-Compassion	https://centerformsc.org/10-self-compassion-practices-for-covid-19/		X	X	X	Article on ways you can be kind to yourself during challenging times.
The MamAttorney	https://www.themamattorney.com/covid19-resource-library				X	Resources compiled by an employment attorney to help answer common questions about employment and COVID-19.
Help for Parents Hope for Kids	http://www.helpandhope.org/Coronavirus/default.asp	X	X		X	Includes tips on how to handle having children at home and ways to handle different challenges parents may face with kids of different ages and information on where people can access baby supplies.