**BMCH Case Management Resource List**

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| [During Pregnancy | CDC](https://www.cdc.gov/pregnancy/during.html) |
| [You know your body best (cdc.gov)](https://www.cdc.gov/hearher/docs/pdf/CDC-Hear-Her-Womens-urgent-warning-signs-h.pdf) |
| [Warning Signs Poster (cdc.gov)](https://www.cdc.gov/hearher/resources/download-share/docs/pdf/Warning-Signs-Poster-h.pdf) |
| [Hear Personal Stories, Hear Her | CDC](https://www.cdc.gov/hearher/personal-stories/index.html) |
| [Alcohol Use During Pregnancy | CDC](https://www.cdc.gov/ncbddd/fasd/alcohol-use.html) |
| [Vaccines During and After Pregnancy | CDC](https://www.cdc.gov/vaccines/pregnancy/vacc-during-after.html) |
| [Substance Use During Pregnancy | CDC](https://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/substance-abuse-during-pregnancy.htm)  [Understanding Drug Overdoses and Deaths | Drug Overdose | CDC Injury Center](https://www.cdc.gov/drugoverdose/epidemic/index.html)  [Going Smokefree Matters: In Your Home | Smoking and Tobacco Use | CDC](https://www.cdc.gov/tobacco/secondhand-smoke/going-smokefree-matters/home/index.html) |
| [Diabetes During Pregnancy | CDC](https://www.cdc.gov/reproductivehealth/maternalinfanthealth/diabetes-during-pregnancy.htm) |
| [Weight Gain During Pregnancy | Pregnancy | Maternal and Infant Health | CDC](https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm) |
| [Depression Among Women | CDC](https://www.cdc.gov/reproductivehealth/depression/index.htm) |
| [Preterm Birth | Maternal and Infant Health | Reproductive Health | CDC](https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm) |
| [Order, Print, and Download Materials | Safe to Sleep® (nih.gov)](https://safetosleep.nichd.nih.gov/resources/order) |
| [Breastfeed Your Baby to Reduce the Risk of SIDS (nih.gov)](https://www.nichd.nih.gov/sites/default/files/2018-11/Breastfeed_Baby_SIDS_final.pdf) |
| [What Does A Safe Sleep Environment Look Like? (nih.gov)](https://www.nichd.nih.gov/sites/default/files/2022-10/NICHD_STS_2022_Handout_English508_0.pdf)  [Commit to Healthy Choices to Help Prevent Birth Defects | CDC](https://www.cdc.gov/ncbddd/birthdefects/prevention.html)  [Make a PACT for Prevention | CDC](https://www.cdc.gov/ncbddd/birthdefects/infographics/pact/index.html)  [EDPS\_text\_added.pdf (stanford.edu)](https://med.stanford.edu/content/dam/sm/ppc/documents/DBP/EDPS_text_added.pdf)  [edinburghscale.pdf (postpartumcarefoundation.org)](https://postpartumcarefoundation.org/wp-content/uploads/2021/05/Edinburgh_Scale_EPDS.pdf)  [Provider Resources - Get Free or Low Cost Birth Control | ICAN (ican4all.org)](https://ican4all.org/provider-resources/)  [Start Birth Control Quiz - Get Free or Low Cost Birth Control | ICAN (ican4all.org)](https://ican4all.org/start-quiz-2/)  [Learn About Your Birth Control Options | Birth Control Quiz! (ican4all.org)](https://ican4all.org/birth-control-options/)  [Home | ACOG](https://www.acog.org/)  [Birth Control After Baby (ican4all.org)](https://ican4all.org/wp-content/uploads/2023/08/Birth-Control-After-Baby-Final.pdf)  [4263 (R-10-21) Family Case Management Flyer (state.il.us)](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4263.pdf)  [High Risk Infant Follow-Up English](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/405112292020.pdf)  [High Risk Infant Follow-Up Spanish](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4051S12292020.pdf)  [Postpartum Depression 4661.qxd (state.il.us)](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4661.pdf)  [Postpartum Depression 4661S.qxd (state.il.us)](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4661S.pdf)  [AWHONN Back to Basics: Foundations for Mindful Care - AWHONN](https://www.awhonn.org/back-to-basics/)  [Nurse Resources - AWHONN](https://www.awhonn.org/nurse-resources/)  [Epilepsy Foundation #1 trusted site for epilepsy and seizure news](https://www.epilepsy.com/)  [Think Cultural Health - The Office of Minority Health (hhs.gov)](https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=53)  [CLAS, Cultural Competency and Cultural Humility (hhs.gov)](https://www.minorityhealth.hhs.gov/Assets/PDF/TCH%20Resource%20Library_CLAS%20CLC%20CH.pdf)  [Combating Implicit Bias and Stereotypes (hhs.gov)](https://www.minorityhealth.hhs.gov/Assets/PDF/TCH%20Resource%20Library_Combating%20implicit%20bias%20and%20stereotypes.pdf)  [Minority Population Profiles - The Office of Minority Health (hhs.gov)](https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=26)  [Oral Health Fact Sheets-Pregnancy - CDA](https://www.cda.org/Home/Public-Health/Community-Oral-Health-Resources/oral-health-fact-sheets-pregnancy)  [CDA](https://www.cda.org/Home/Public-Health/Community-Oral-Health-Resources/category/childrens-oral-health)  [Warning Signs of Domestic Violence (illinois.gov)](https://dcfs.illinois.gov/safe-kids/protecting/warning-signs-of-domestic-violence.html)  [Sexually Transmitted Diseases (STD) (illinois.gov)](https://dph.illinois.gov/topics-services/diseases-and-conditions/stds.html)  [Opiates 4496.qxd (state.il.us)](https://www.dhs.state.il.us/OneNetLibrary/27896/documents/Brochures/SUPR/4496-Opiod-Facts.pdf)  [IDHS: SUPR Opioid Resources (state.il.us)](https://www.dhs.state.il.us/page.aspx?item=93882)  [IDHS: Substance Use Prevention & Recovery Brochures (state.il.us)](https://www.dhs.state.il.us/page.aspx?item=31105) |

[SmokefreeHomesFactsheet.pdf (aap.org)](https://downloads.aap.org/AAP/PDF/SmokefreeHomesFactsheet.pdf)

[Smokefree Cars.png (aap.org)](https://downloads.aap.org/AAP/PDF/SmokefreeCarsFactsheet.pdf)

[My Smoke-Free Housing Resources (mysmokefreehousing.org)](http://www.mysmokefreehousing.org/)

Smokefree Policies in Multi-Unit Housing | American Lung Association

[Safe Sleep Orange](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4900.pdf)

[Safe Sleep Purple](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4900P.pdf)

[Safe Sleep Green](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4900G.pdf)

[Safe Sleep Orange Spanish](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4901S.pdf) – Card

[Safe Sleep Orange - Card](https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4901%20.pdf)

[Developmental Monitoring and Screening | CDC](https://www.cdc.gov/ncbddd/childdevelopment/screening.html)

[CDC’s Developmental Milestones | CDC](https://www.cdc.gov/ncbddd/actearly/milestones/index.html)

[Ages & Stages - HealthyChildren.org](https://www.healthychildren.org/english/ages-stages/pages/default.aspx)

[Prenatal - HealthyChildren.org](https://www.healthychildren.org/english/ages-stages/prenatal/Pages/default.aspx)

[Baby - HealthyChildren.org](https://www.healthychildren.org/english/ages-stages/baby/Pages/default.aspx)

[Toddler - HealthyChildren.org](https://www.healthychildren.org/english/ages-stages/toddler/Pages/default.aspx)

[Health and Safety Tips for Children (illinois.gov)](https://dcfs.illinois.gov/safe-kids/safety.html)

[Sleep Safety (illinois.gov)](https://dcfs.illinois.gov/safe-kids/safety/sleep-safety.html)

[Preventing Shaken Baby Syndrome (illinois.gov)](https://dcfs.illinois.gov/safe-kids/safety/preventing-shaken-baby-syndrome.html)

[Auto Safety (illinois.gov)](https://dcfs.illinois.gov/safe-kids/safety/auto-safety.html)

[Safe Kids (illinois.gov)](https://dcfs.illinois.gov/safe-kids.html)

[Preventing Child Abuse and Neglect (illinois.gov)](https://dcfs.illinois.gov/safe-kids/prevention.html)

[Protecting Children from Domestic Violence (illinois.gov)](https://dcfs.illinois.gov/safe-kids/protecting.html)

[Reporting Child Abuse and Neglect (illinois.gov)](https://dcfs.illinois.gov/safe-kids/reporting.html)

[Client Rights and Responsibilities (illinois.gov)](https://dcfs.illinois.gov/safe-kids/reporting/client-rights-and-responsibilities.html)

[Cornerstone User Manual v14.6 Date 7/31/2019 (pdf)](https://www.dhs.state.il.us/OneNetLibrary/27896/documents/Cornerstone/Cstone_User_Manual_14.6.pdf)

[Birth-18 Years Immunization Schedule – Healthcare Providers | CDC](https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html)

[:: text4baby ::](https://www.text4baby.org/)

[Home - Count the Kicks](https://countthekicks.org/)