

Dear Expecting Parent,

We are excited to support you on your journey to parenthood! As part of our commitment to your health and the health of your baby, we have compiled a list of valuable prenatal care educational resources to help you during this special time.

Recommended Resources:

- **Books:**
 - The Expecting Book by Jessica Z. Lee
 - What to Expect When You're Expecting by Heidi Murkoff
- **Websites:**
 - [American College of Obstetricians and Gynecologists](#)
 - [Parents - Pregnancy](#)
- **Classes:**
 - Childbirth Education Class - Check your local hospital
 - Breastfeeding Support Group - Local community centers

We encourage you to take advantage of these resources to empower yourself with knowledge and confidence as you prepare for your new arrival.

If you have any questions or need further assistance, please do not hesitate to reach out to our office.

Best Wishes,

Your Healthcare Team