

CUC NEWBORN NEWSLETTER

[2026]

St Christopher's Newborn Clinic

Walk-In Sick Clinic | Monday- Friday: 8:30a-11a; 1:00p-3:30p | Saturday: 8:00a-11a

The BREAST Perspective: Lactation & Breastfeeding/Chestfeeding



St. Chris Lactation Warmline *Scan to Text our IBCLC Team!*
M-F: 8:30am- 5:00pm
Call: 215-427-MILK (6455)



Pacify:
24/7 FREE (code- STCHRIS) for
virtual lactation support

Apple App



Google Play



Maternal & Post-Birthing Persons



Post-Partum Care & Wellness

- Don't forget to follow-up with your OBGYN for scheduled visits!
- Healthy Mom&Baby Magazine: <https://www.health4mom.org/>
- <https://www.postpartum.net/>

Post Partum Mental Health Resources



- **Philly LOVES Families: Mental Health and Wellness**
- PhillyFamiliesCAN.com or call (215) 685-4701 to get connected with a support professional for in-home support
- <https://ppdphilly.com/>
- The Philadelphia Domestic Violence Hotline: 1-866-SAFE 014
- **Community Behavioral Health (CBH):** cbhphilly.org 215-413-3100
- For mental health **crisis**, text PA to 741-741 or CBH crisis hotline 215-686-4420

Compassion Corner: Social Work

215-427-5449/215-427-3553



Did you know there is a social work team dedicated to the CUC? Our Social Workers are here to provide extra support for families! Here are some of their favorite resources they want everyone to know about:

Our Closet In Your Neighborhood



Has monthly events where families can receive food, choose clothing, and connect to social services.

Weekly Support Groups



Free weekly support groups – from Mindfulness to Dad Support Groups to Navigating Substance Use and Parenting to Yoga Groups .

Newborn/Infant Resources

PhillyLovesFamilies.com

Pregnancy to Preschool



Diaper Banks



Parenting Resources



Safety Checklist!

- | | | | |
|--------------------------|----------------------------------------|--------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> | Safe place for infant to sleep! | <input type="checkbox"/> | Adjust water heater to 120 °F |
| <input type="checkbox"/> | Rear-facing car seat until 2 years old | <input type="checkbox"/> | Use hands-on care during bath time and on the changing table |
| <input type="checkbox"/> | Smoke & Carbon Monoxide Detectors | <input type="checkbox"/> | Store all guns unloaded & locked |

If you have any questions or need any of the above items, please let our team know!!

The 5 S's for Soothing Your Baby

 <p>Swaddling</p> <p>Wrap your baby like a mini burrito with their arms snug and straight at their sides (hips loose)</p>	 <p>Side/Stomach Position</p> <p>Hold your baby positioned on the side or stomach—or even over your shoulder</p> <p>Don't forget—only when awake!</p>	 <p>Shushing</p> <p>Make a "shhh" sound or play white noise to mimic the sound of blood flow in the womb</p>
 <p>Swinging</p> <p>Swing—or jiggle—in fast, tiny movements while supporting your baby's head/neck</p>	 <p>Sucking</p> <p>Sucking on a pacifier, thumb, or breast helps soothe your baby</p>	

Deep connections with your child strengthens their inner resilience, builds their sense of safety in the world, & sets them up for healthy relationships as they grow. **Uninterrupted (cell phone free) attention is one of the strongest ways to build your relationship.** This includes - snuggling, skin-to-skin time, reading them a books, singing songs, and interactive tummy time!

Here are positive parenting resources and fun ways to bond with your child!!



BrightbyText:
Free Parenting TIPS
Text BRIGHT to 274 448

