Prenatal and Parenting Resources:

Norman Campus

Cleveland County Health Department
Norman:
250 12 Ave NE
Norman, OK 73071
(405) 321-4048
Moore:
424 S Eastern
Moore, OK 73160
(405)794-1591
Services:
Birth Partners of Cleveland County - Free childbirth education for pregnant individuals, their families and their labor support persons.

Child health services

Access information for Women, Infants, and Children services (WIC provides nutritious foods to supplement the diets of women, infants and children)

Children First – a free program for first-time mothers in Oklahoma that provides personal visits with specially trained nurses beginning early in the pregnancy and continuing through the child's second birthday.

Car Seat Checks and Installation

Oklahoma Health Care Authority
4345 N Lincoln Blvd
Oklahoma City, OK 73105
800-987-7767

Services:
Pregnancy Services – offers services to qualified Oklahoma women to increase the likelihood of a healthy pregnancy and birth.

Soon-to-be-Sooners – services are provided to qualified unborn children to support healthy pregnancy and birth. Citizenship or immigration status requirements that ordinarily apply to all members do not apply to the pregnant mother who applies for STBS services on behalf of her unborn child.

Oklahoma Human Services
Cleveland County Office
631 East Robinson Street
Norman, OK 73071
(405)522-5050
Services:
Information pertaining to applying for childcare subsidy, food stamps (Supplemental Nutrition Assistance Program), SoonerCare health care program.

Norman Regional Hospital
3300 HealthPlex Parkway
Norman, OK 73072
(405) 515-1000
Services:
Labor and Delivery, Preparation for Labor, Lactation Services, Childbirth Classes

Oklahoma Breastfeeding Hotline – 877-271-MILK (6455) or text: OK2BF to 61222

Oklahoma's Mother's Milk Bank – okmilkbank.org

Oklahoma Lactation Consultant Resource Guide
https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/breastfeeding/LC%20Resource%20Guide%20Spring%202023%208-28-23%20-%20FINAL%20edits.pdf
Your Guide to Breastfeeding
https://owh-wh-d9-prod.s3.amazonaws.com/s3fs-public/documents/Your_Guide_to_Breastfeeding_Aug2022.pdf

Pregnancy and Breastfeeding -
https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding

Cleaning a Breast Pump
https://www.fda.gov/medical-devices/breast-pumps/cleaning-breast-pump

Storage, Handling and Preparation of Breast Milk and Early Child Care and Education - CDC
https://www.cdc.gov/obesity/strategies/early-care-education/pdf/Breastmilk-ECE-082022-508.pdf

Information about Newborns:
https://ouhsc.edu/Portals/1308/Assets/Documents/New%20STS%20Flyer.pdf?ver=2016-10-05-143355-527

https://ouhsc.edu/Portals/1308/Assets/Documents/WIC%20Colostrum_%20English.pdf?ver=2016-04-20-113421-773

https://obrc.ouhsc.edu/Portals/1308a/Assets/documents/Handouts/WIC%20Colostrum%2C%20Spanish.pdf

https://ouhsc.edu/Portals/1308/Assets/Documents/Feeding%20Cues%20English%20_%20Spanish.pdf?ver=2016-04-20-113426-883

https://ouhsc.edu/Portals/1308/Assets/Documents/BabyGettingEnoughHandout2014English.pdf?ver=2016-04-27-161909-880

https://www.ouhsc.edu/Portals/1308/OSDH%20Understanding%20Your%20Baby's%20Cues-Spanish.pdf

https://ouhsc.edu/Portals/1308/Assets/Documents/BabyGettingEnoughHandout2014English.pdf?ver=2016-04-27-161909-880

https://ouhsc.edu/Portals/1308/Assets/Documents/BabyGettingEnoughHandout2014Spanish.pdf?ver=2016-04-27-161909-427

https://www.ouhsc.edu/Portals/1308/OSDH%20Babies%20Cry-English.pdf

https://www.ouhsc.edu/Portals/1308/OSDH%20Babies%20Cry-Spanish.pdf

Oklahoma Breastfeeding Laws

https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/breastfeeding/breastfeeding-law-card-eng.pdf

https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/breastfeeding/breastfeeding-law-card-spa.pdf

OU Health Pregnancy and Childbirth
Women's Health Clinic
825 NE 10th, 3C
Oklahoma City, OK 73104
Services:
Care for expectant mothers, prenatal and family education classes, high risk pregnancy, gestational diabetes management, lactation and breastfeeding, neonatal and perinatal services.

OU Food Pantry
333 Cate Center Drive
Norman, OK 73069
ou.edu/foodpantry
Services:
Provides free supplemental food assistance and other resources to OU students, faculty and staff.

Birth Certificates:
https://www.vitalchek.com/vital-records/oklahoma/oklahoma-vital-records?click_id=6462669803199528 98&ppc=0

Happy OU Project
Provides OU low-income students with access to high-quality, campus-based childcare and wrap-around services (such as additional financial aid to cover educational costs, transportation costs, mental health services, tutoring, and academic support, peer support, parenting workshops and support, free food and baby supplies).

Application link:
https://ousurvey.qualtrics.com/jfe/form/SV_aaWGX6YKXzCODn8

**Email happyouproject@ou.edu with any questions about the survey

Lactation Rooms on Norman Campus:

https://www.ou.edu/healthservices/services/lactation#:~:text=Lactation%20Room%20Request&text=The%20rooms%20feature%20a%20pumping,(amenities%20vary%20by%20room).&text=Requests%20to%20use%20the%20lactation,access%20with%20your%20Sooner%20Card.