

# PARENTING RESOURCES



## The Metropolitan Detroit Diaper Bank

The Metropolitan Detroit Diaper Bank (MDDDB) is an organization serving people in Wayne, Oakland, and Macomb Counties. Once a month, parents can pick up diapers for their children. MDDDB also offers incontinence supplies for older children and adults, Virtual Toiler Training Workshops, and Period Supplies. To find out more or register, visit them at <https://www.detroitdiaperbank.com/diapers/>



## The Natural Momma Me Initiative

The Natural Momma Me Initiative is a Diaper Bank based in Detroit that provides cloth and disposable diapers to low income families. They are open by appointment only from Monday-Thursday. They also provide referrals to affordable care services (ex. cloth diaper education, maternal nutrition classes, etc). To find out more or schedule an appointment, visit them at <https://www.naturalmommame.com/>

## The Community Based Doula Program

The Black Mothers Breastfeeding Association (BMBFA) operates The Community Based Doula Program in Detroit, a free service which connects expectant mothers with peer-support leading up to, during, and shortly after their pregnancy. Families in Detroit, Highland Park, and Hamtramck are prioritized. If you want to schedule a phone consultation, visit the BMBFA at <https://blackmothersbreastfeeding.org/doula/>



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## SisterFriends Detroit

SisterFriends Detroit is an organization that aims to improve mother and child health up to the child's first birthday. The organization connects expecting and recent mothers with services, resources, and community through volunteer mentors. To find out more, connect with a mentor, or become a mentor, visit the SisterFriends Detroit Movement at [www.sisterfriendsdetroit.com](http://www.sisterfriendsdetroit.com)



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## Safe Kids Metro Detroit

Safe Kids Metro Detroit, led by Children's Hospital of Michigan, provides support and resources with the goal of keeping kids safe. They perform car seat checkups, safety workshops, and sports clinics, in order to prevent injuries among children in the Metro Detroit area. To find out more about Safe Kids or contact them about their services, visit <https://www.safekids.org/coalition/safe-kids-metro-detroit>

## Michigan Department of Health and Human Services

The Michigan Department of Health and Human Services operates the Women, Infants, and Children (WIC) nutrition program. This program provides women who are pregnant or who were recently pregnant with access to healthy foods, education, and referrals to other services. To find out more, visit <https://wiccp.state.mi.us/clientPortal/Default.aspx>

