

# Shopping

**Once Upon a Child**  
4459 Washtenaw Ave  
Ann Arbor, Mi. 48108

**Kiwanis Thrift Store**  
200 South First St.  
Ann Arbor, Mi. 48104

**Goodwill**  
41937 Ford Rd.  
Canton, Mi. 48187

**Yard Sales**  
[www.yardsearch.com](http://www.yardsearch.com)

**Garage Sales**  
[www.annarbor.com/garagesales/](http://www.annarbor.com/garagesales/)

**Baby Store**  
[www.elephantearsonline.com](http://www.elephantearsonline.com)

**Consignment Store**  
[www.ajsatticinc.com](http://www.ajsatticinc.com)

**Thrift Store**  
[www.a2ptothriftshop.org](http://www.a2ptothriftshop.org)

**Children's Resale Shop**  
[www.growwithme123.com](http://www.growwithme123.com)

**Craigslist**, [www.craigslist.com](http://www.craigslist.com)  
NEVER pick up items alone, always take  
at least 1 person (at least 1 male) with  
you. Preferably 3 to 4 people.



## New Moms Support Groups

Join other moms and babies in  
an opportunity for ongoing  
support and connection!  
Joining a group can help to  
answer questions, gain  
perspective, nurture  
friendships, reduce isolation,  
and enjoy interacting with your  
little one even more!

**MOMS-Clubs-of -Ypsilanti**  
[www.momsclub.org/index.php](http://www.momsclub.org/index.php)

**Mocha Moms**  
[www.mochamoms.org/](http://www.mochamoms.org/)

**Momsbloom**  
[www.momsbloom.org/](http://www.momsbloom.org/)

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**EASTERN**  
**MICHIGAN UNIVERSITY**  
OFFICE of INTERNATIONAL STUDENTS



# Family Matters

**Pregnancy, Getting  
Ready for Baby, and  
New Mothers**

**244 Student Center**  
**734.487.3116**  
[www.emich.edu/ois](http://www.emich.edu/ois)  
[www.emich.edu/ois/familyres.html](http://www.emich.edu/ois/familyres.html)

## Resources

**La Leche League-** Local chapter of international group which offers information about breast-feeding and peer support to nursing mothers. Several groups meet monthly; open to pregnant women and to mothers and their children. (877) 452-5324. [www.lllaa.org](http://www.lllaa.org)

**Pregnancy Help Center-** Provides baby food, clothing, furniture, equipment. [www.women-helping-women.net/](http://www.women-helping-women.net/)

### (Women, Infants, and Children),

**Washtenaw County Public Health-** Offers supplemental food, professional nutrition education, and referrals based on health screening and assessments of need. [www.ewashtenaw.org/government/departments/public\\_health](http://www.ewashtenaw.org/government/departments/public_health) (click on WIC, under clinics)

**Classes/Events for Mothers and Families at St. Joseph Hospital-** [www.stjoesannarbor.org/WomenChildren](http://www.stjoesannarbor.org/WomenChildren)

**Arbor Vitae-** Medical, counseling, referral, and material support services for women facing unexpected pregnancies  
[www.annarborvitae.com/index.php](http://www.annarborvitae.com/index.php)

**Lamaze Association-** childbirth and infant care resources for parents  
[www.lamazefamilycenter.org](http://www.lamazefamilycenter.org)

## Safety First

### Ensure Car Seats are Properly Installed

Improper installation is the number one cause of car seat malfunctions. Most manufacturers of car seats offer clear instructions on how to properly install car seats so that they are properly anchored and do the job they are designed to do.

You can go to your **local fire station** and someone will install the car seat properly but be sure to make an appointment first.

Ypsilanti Fire Station: (734) 485-9778

Ann Arbor Fire Station: (734) 794-6961

\*\*Remember children should also remain in booster car seats that are "belt-positioning" until they are 4' 9" AND between the ages of 8 and 12.



## Finding a Doctor

If you have the EMU student insurance, you can find a doctor (called an obstetrician) online:

- Go to <https://www.uhcsr.com/emich>
- Click "UHC Options PPO" under "Search for a Provider"
- Click "Obstetrics/Gynecology" under "Physician Specialty"
- Make sure you enter your residential address to see those doctors closest to you

It is always a good idea to research the doctor's online reviews from other patients and their website to learn more about the doctor and their services. It is also helpful to talk to others who have had children in the United States to get tips or referrals from doctors. When making an appointment based on a referral, make sure they accept your EMU insurance.

If you do not have EMU insurance, search your insurance provider's website to find doctors who accept your particular plan.

\*This pamphlet is for informational purposes only. The OIS does not endorse any of the services listed. Services are subject to change without notice.\*