

# Parenting and Family Resources

## Available in Milwaukee Area

### Acupuncture

At Aurora Women's Pavilion, we offer acupuncture for both men and women for treatment of a wide range of issues. Acupuncture is a safe and effective way to help relieve many common pregnancy ailments such as nausea, vomiting, headaches or pain. After birth acupuncture can help restore balance in reproductive hormones, deal with any lingering aches and pains from labor, and relief from stress and fatigue.

- Aurora Sinai Medical Center 414-647-6936
- Aurora West Allis Medical Center/Women's Pavilion 414-329-5607

### Aurora Behavioral Health Services

Complete mental health treatment options provided by professionals in a caring, confidential manner to meet both individual and family needs. For scheduling, call 414-773-4312.

It is not unusual to experience a variety of emotions after giving birth. However, some parents may experience a serious long-lasting depression and it is important to get help. [Click here to learn more about postpartum depression.](#)

### Car Seat Safety Instruction

This class, offered through the Aurora Women's Pavilion, is designed to prepare expected families with the basic instruction for car seat safety, including facts, tips and techniques. This class will also explain the different types of rear facing infant seats and tips on how and where to have them installed. [Click here](#) or call 414-328-7788.

### Birthing Center Tours

Register online at [aurora.org/events](http://aurora.org/events) or call to register:

#### Aurora Women's Pavilion:

414-328-7788 or 888-524-8555 (Toll Free)

[Click here for virtual tour.](#)

### Breastfeeding Support

Our certified lactation consultants provide a full range of services to support breastfeeding mothers both inpatient and outpatient, including consultations and breast pump rentals. [Click here.](#)

- Aurora Sinai Medical Center 414-219-5387
- Aurora Women's Pavilion 414-328-6234

### Childbirth Education

We offer a variety of educational programs (labor and birth, breastfeeding, baby care, infant CPR, car seat safety and more) to promote having a positive birthing experience and prepare for care of your newborn.

[Click here](#) for Aurora Sinai Medical Center

[Click here](#) for Aurora Women's Pavilion or call 414-328-7788.

#### Aurora Sinai Medical Center

945 N. 12 St. • Milwaukee, WI 53233

T 414-219-2000

#### Aurora Women's Pavilion

8901 W. Lincoln Ave. • West Allis, WI 53227

T 414-978-3000

# Parenting and Family Resources

## Developmental Milestones

This class, offered through the Aurora Women's Pavilion, educates parents and parents-to-be on information regarding motor skills, language, and social skills for babies from birth to 12 months. Learn about repositioning baby to limit head flattening, use of various equipment, importance of tummy time and more. [Click here](#) or call 414-328-7788.

## Aurora Family Service

### Prenatal Care Coordination (PNCC)

The Family Enrichment Program offers home-based education, information, counseling, and referral to medical and other community resources to ensure a healthy pregnancy and a healthy birth. To be eligible for this free program, you must be a Milwaukee county resident and a Medicaid recipient.

### Child Care Coordination (CCC)

Through goal planning, the Family Enrichment Program offers supportive home visits to help parents cope: from learning about child development and infant care, managing stress and anger, to completing school and learning job skills. To be eligible for this free program, you must be a Milwaukee county resident and a Medicaid recipient.

Interested patients can email [Bonnie.Vandenheuvel@aah.org](mailto:Bonnie.Vandenheuvel@aah.org) or call 219-4867.

## Children's Health and Pediatrics

Visit our site to learn more about the services that are available to you through Advocate Aurora Health Care. Information includes finding a pediatrician, pediatric specialty care services, what to expect at routine exams and more. [Click here](#).

## Garden of the Senses Boutique

Aurora Women's Pavilion 414-329-5607  
Open Monday – Friday

Our unique boutique offers women the health care products they need, whether they are preparing for motherhood, achieving wellness or facing cancer. Our wide array of items includes essential oils, lotions, cards, jewelry and gifts for mom and baby.

## Gift Shop

Find unique baby and seasonal items, care products, magazines, greeting cards, and more in our gift shop.

- Aurora West Allis Medical Center 414-328-7182

## Infant CPR

This non-certification course, offered by the Aurora Women's Pavilion, teaches rescuer skills in CPR and relief from choking for infants up to 1 year of age.

Information presented during this class also includes:

- How to recognize life threatening emergencies
- How to perform CPR. Each class participant will be given an opportunity to practice on a manikin.

[Click here](#) for this CPR class and others offered at the Aurora Women's Pavilion or call 414-328-7788.

## Massage Therapy

Massage can improve a person's health and well-being by improving circulation, relieving muscle tension and improving range of motion. Prenatal as well as regular wellness massages are available for men and women. Gift certificates are available.

- Aurora Sinai Medical Center 414-647-6936
- Aurora West Allis Medical Center 414-329-5607

# Parenting and Family Resources

## Medical Records Birth Registry

- Aurora Sinai Medical Center 414-219-5992
- Aurora Women's Pavilion 414-328-7122

## My Morning With Mom Support Group

Parenting can be hard, find support with other members of our community at Aurora Women's Pavilion. Stop in once or join us weekly for ongoing parenting and infant feeding support. The group facilitator is an Aurora Lactation Specialist. Breast feeding, bottle feeding and pumping parents are all welcome! Every Wednesday from 10 a.m. – 11:30 a.m. Starting in September 2025, the support group will meet every Thursday, 10 a.m. – 11:30 a.m.; no registration required; Rejuvenation Suite, Resilience Room For questions, call our lactation office at 414-328-6234. Group is cancelled if wind chill is below 0.

## NICU

- Level 3 NICU
- 24/7 Neonatology coverage
- Our physicians connect with AAH pediatric specialists to provide comprehensive care
- Occupational, Physical and Speech Therapy
- Follow up clinic for qualified infants after discharge to ensure infants are meeting their developmental milestones well into their first few years of life
- 24/7 neonatal respiratory specialists

Aurora Women's Pavilion 414-329-5730  
Aurora Sinai Medical Center 414-219-5510

## Patient Room Information

- Aurora Sinai Medical Center 414-219-2000
- Aurora Women's Pavilion 414-328-6000

## Physician Referral Services

Whether you are looking for an Ob/Gyn, pediatrician, family or internal medicine physician, our staff is available to help you choose a physician. [Click here](#) or call 888-863-5502 (Toll Free).

## Pelvic Floor Physical Therapy

Your body is going through an amazing journey; many things may feel different during pregnancy, childbirth, and during the postpartum period.

While issues like back pain, urine leaking, and weakness are common, it is not normal for them to persist. A pelvic health physical therapist who specializes in pregnancy and postpartum care can teach labor and delivery prep and strategies to improve symptoms during pregnancy. Postpartum, a pelvic health physical therapist can help you recover safely and quickly, prevent long-term problems, and become stronger faster.

Call 414-329-5658 or [Find a specialist here](#) for scheduling.

## Safe Mom, Safe Baby

If you're pregnant or have just had a baby and have been a victim of domestic or sexual abuse, we can help. Our goal is to help you make the best decisions regarding the safety and future of both you and your baby. Additionally, we can:

- Connect you to community resources like housing, shelter and legal advocacy
- Help you with W2 and WIC, child care and access to medical care
- Provide education on intimate partner violence and personal safety options
- Coordinate access to services for moms and babies

To contact Safe Mom, Safe Baby, call 414-219-5909.

## Other community resource

### Well Badger Resource Center

(through Wisconsin Department of Health Services)

800-642-7837 [wellbadger.org](http://wellbadger.org)