

Prenatal Home Visiting Resources:

Nutrition:

Oregon Health & Science University – My Pregnancy Plate (English) - <http://www.ohsu.edu/blogs/doernbecher/files/2013/04/ohsu-my-pregnancy-plate.pdf>

Oregon Health & Science University – My Pregnancy Plate (Spanish) - <http://www.ohsu.edu/xd/health/services/women/services/pregnancy-and-childbirth/pregnancy-information/upload/comida-durante-el-embarazo-ohsu.pdf>

Substance Abuse:

National Institute on Drug Abuse - <http://www.drugabuse.gov/>

National Institute on Alcohol Abuse and Alcoholism - <http://www.niaaa.nih.gov/>

National Council on Alcoholism and Drug Dependence - <http://ncadd.org/>

Motivational Interviewing:

www.motivationalinterviewing.org