

Local Madison Parent-Child Support



Parenthood is a rewarding and joyous experience, but it can also be an isolating one. Finding a good network of people who have similar experiences as you is beneficial for your wellbeing both mentally and physically.

UnityPoint Health – Meriter offers several classes that enable parents with children 1 year old or younger to connect and share stories and common questions that may come up during your first year of being a parent.

As your children grow older, it is vital to still have a community that supports you. There are many local and national resources for parent-child support that may be a good fit for this next phase of your parenting journey. Below are a few options to get you started.

- After the First Year Archives – KellyMom.com
- Feed Yourself, Feed Your Family - [La Leche League International \(lli.org\)](http://LaLecheLeagueInternational.org)
- Madisonmom.com
- Moms of Madison WI area reaching out to other moms
- Madison Doula Collective - <https://www.madisondoulacollective.com/parentbabygroup>
- Queer and Trans Parents of Madison - <https://grassrootsmidwifery.com/qtpom-queer-trans-madison/>
- Madison Moms of Multiples - mamoms.org

UnityPoint Health – Meriter has no connection to any of the resources listed above and we do not endorse any medical advice given in those groups.

For more information on classes and events that are offered at UnityPoint Health – Meriter, visit [Family Health Classes](#).