Little Sunny Sky

Local resource guide

Trusted local help for you, your partner, and baby.

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littlesunnysky.com · hello@littlesunnysky.com

CALL FIRST

911
Emergency · baby or parent in danger

988
988 Crisis Lifeline · Call or text · 24/7

1-800-222-1222
Poison Control · Swallowed something · 24/7

1-833-TLC-MAMA
Maternal Mental Health · Confidential · 24/7

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01 Lactation & feeding

In Home Lactation Specialists — **(248) 243-6150**
Troy · In-home feeding visits
inhomelactationspecialistsllc.com

02 Pelvic floor & recovery

Pelvic Rehabilitation Medicine — **(248) 282-2202**
Troy · Pelvic pain, urinary concerns, postpartum healing
pelvicrehabilitation.com

Women's Excellence — **(248) 645-0840**
Royal Oak · Postpartum follow-up, midwifery, pelvic floor
womensexcellence.com

03 Pregnancy & postpartum

Fourth Tri Sanctuary — **(248) 581-4265**
Ferndale · Support groups, lactation, parent education
fourthtrisanctuary.com

04 Maternal mental health

Postpartum Support International — **1-800-944-4773**
National · Depression and anxiety help, therapist directory, groups
postpartum.net

Maternal Mental Health Hotline — **1-833-TLC-MAMA**
24/7 · confidential · Emotional support, any time

988 Suicide & Crisis Lifeline — **988**
24/7 · Immediate emotional support
988lifeline.org

05 Fathers & partners

If you’re the partner and you’re struggling, these are for you.

Postpartum Support International — **1-800-944-4773**
Support for fathers and non-birthing partners
postpartum.net

Detroit Health Department · Fatherhood Program — **(313) 876-0413**
Detroit · Dads' groups, safe sleep and breastfeeding basics for dads, health and wellness
detroitmi.gov

The Children's Center · Fatherhood Initiative — **(313) 831-5535**
Detroit · Monthly dads' group for new and expecting fathers, plus resources
thechildrenscenter.com

06 Pediatric care

Corewell Health Urgent Care – Troy Big Beaver — **(248) 918-0744**
Troy
corewellhealth.org

Beaumont Troy Children's After-Hours Clinic — **(248) 964-5880**
Troy · Sick visits when your pediatrician is closed: weekdays 6-10 pm, weekends and holidays 11 am-9 pm
corewellhealth.org

Corewell Health Children's · Pediatric Emergency — **(248) 898-5000**
Royal Oak · 24/7 children's emergency care with pediatric-trained staff
corewellhealth.org

07 Infant sleep

The Happy Sleep Company
Online · Gentle sleep coaching, newborn sleep, schedules
thehappysleepcompany.com

Taking Cara Babies
Online · Newborn and infant sleep courses
takingcarababies.com

08 Infant CPR & safety

American Red Cross
Classes · Infant and child CPR, choking, first aid
redcross.org/take-a-class

Corewell Health Parenting Classes
Classes · Infant safety, newborn care, CPR
corewellhealth.org

09 Meals & groceries

Meal kits
Clean Eatz, HelloFresh

Restaurant delivery
DoorDash, Uber Eats, Grubhub

Grocery delivery
Instacart, Walmart+, Shipt

Meal Train
Online · Free · Friends and family sign up to bring meals on set days, with allergies and drop-off times listed
mealtrain.com

10 Household help

Care.com · House cleaners
Online · about $18.50/hr in Oakland County · Compare local cleaners' prices, reviews and background checks
care.com

11 Childcare

Help Me Grow Oakland **(844) 456-5437**
Waterford Township · Free home visits, child development support, and free PreK for 4-year-olds
helpmegrowoakland.org

Care.com
Online · Nannies, sitters, mother's helpers
care.com

Great Start to Quality
Statewide · Online · Find licensed daycares by ZIP code, with star ratings, safety inspection reports, and help paying for care
greatstarttoquality.org

12 Parent groups

Birth Detroit
Detroit · Community birth center with a monthly postpartum support group (some dates open to all), plus a fatherhood group
birthdetroit.com

13 Family photography

Becks Photography **(248) 955-4433**
Rochester Hills · In-home newborn and family photos; serves Troy, Royal Oak, Birmingham and nearby; sessions from $300
becksphotographymi.com/newborns

14 Pregnancy & infant loss

Gentle, specialist support, whenever you need it.

Star Legacy Foundation **(952) 715-7731**
Free loss support, peer companions and grief resources · based in Minnesota (not Michigan), with free online support groups
starlegacyfoundation.org

Share Pregnancy & Infant Loss Support **(800) 821-6819**
Grief groups and bereavement support · based in Missouri (not Michigan), with online support groups and chats
nationalshare.org

Now I Lay Me Down to Sleep
Nationwide, Detroit-area volunteers · Free · Free remembrance photos for families who lose a baby
nowilaymedowntosleep.org

15 Community assistance

Michigan WIC Program — **1-800-942-1636**
Statewide · Nutrition help, breastfeeding support, food benefits
michigan.gov

Michigan 211 — **211**
Statewide · Food, housing, transport, childcare
mi211.org

Maternal Infant Health Program
Michigan · Home visits, parenting education, care coordination
michigan.gov/mihp

GENTLE REMINDERS FROM KELLY

1. Drink water every feeding.
2. Accept help.
3. Give yourself grace.
4. Sleep when someone else is holding baby.

With love, Kelly