

# Baby Resources

For Indianapolis Parents



## RAHMA MATERNAL SERVICES

Welcome to Indianapolis! Being a new parent is wonderful, but it's not always easy. Here's a condensed guide to local resources that can help.

### Essential Resources for New Parents

Below is a list of resources available for parents in Indianapolis:

- **Free Diapers:** Indianapolis Diaper Bank (<https://www.indianadiaperbank.org/>) - Offers free diapers, with an emergency option available.
- **WIC Clinic:** Visit your closest WIC (Women, Infants, and Children) clinic for information on free or discounted baby items and diapers. Sign-up is required.
- **Car Seat Safety:** Free car seats and installation training are available at any fire station. Contact your local fire station for details and scheduling.
- **Aeroflow Breastpumps:** Check your eligibility for free breast pumps, classes, and other items through Aeroflow (<https://aeroflowbreastpumps.com/qualify-through-insurance>). Enter your insurance information to see what you qualify for.
- **Medical Professionals:** Ask your doctor or hospital social worker for additional free or discounted resources that may be available.
- **The Little Timmy Project:** Offers free baby items in Indianapolis. Visit their Little Mom Shop: <https://www.littletimmy.org/little-mom-shop.html>
- **My Healthy Baby Program:** Indy Department of Health program offering free items like cribs after completing required classes. Learn more at: <https://www.myhealthybabyindiana.com/>

### Summary

This document provides a concise list of resources available to new parents in Indianapolis, including free diapers, baby items, car seat safety, breast pumps, and support programs. For more detailed information, please visit the websites of the listed organizations or contact your healthcare provider or local social services.