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## When Washington Fails Expecting Mothers, Philadelphia Shows a Better Way

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The government shutdown has finally come to an end, and food assistance benefits should soon be restored for the [one in six Pennsylvanians](#) who use them to buy groceries.

But while Pennsylvanians can finally expect to see cash on their benefits cards again, the shutdown showed just how uncertain and stressful it can be to count on the federal government these days.

That's particularly concerning for new and expecting parents who are dealing with the added expense of having a baby. In fact, a recent survey of pregnant Philadelphians found that financial stress was [the most common stressor](#) in the 12 months before giving birth.