

# Give your baby a **HEALTHY START**

Many things contribute to a healthy and safe pregnancy. If you are pregnant or planning a family, Healthy Start can help you get the information and services you need to have a healthy baby, raise a healthy family, and keep yourself healthy and strong.



Regular medical care prevents problems and keeps mothers and babies well. **Healthy Start** can help you sign up for health insurance and find a doctor for you and your baby.



Mothers and babies do better when their families are supportive. **Healthy Start** involves fathers and supports new parents as you raise your young family.



Eating healthy food helps your baby to grow and develop. **Healthy Start** can connect you to nutrition counseling and food assistance.



Babies of women who smoke cigarettes during pregnancy are more likely to be born too soon or too small. If you smoke, **Healthy Start** can help you quit.



Babies of women who drink alcohol during pregnancy are more likely to have physical and learning problems as they grow up. **Healthy Start** provides education and counseling about alcohol and drug use during pregnancy.



Families need a safe, stable place to live. **Healthy Start** can connect you to housing assistance if you need it.



Mothers and children thrive in communities with good schools, parks and health care. **Healthy Start** brings local agencies and businesses together to serve residents better and make communities safer.

**HEALTHY START** offers services and support for mothers, children and their families before, during and after pregnancy.

## BEFORE

- Family planning
- Screening for chronic diseases like diabetes and high blood pressure
- Well-woman care
- Insurance enrollment assistance

## ALL ALONG

- Information you can use to take care of yourself and your baby
- In-person support to help you get care and services
- Health care providers working together to make services work better for families
- Staff who know your community, speak your language and respect you

## DURING

- Prenatal care
- Nutrition counseling
- Childbirth education
- Health education
- Smoking cessation
- Partner involvement

## AFTER

- Newborn screening
- Postpartum care
- Breastfeeding support
- Depression screening
- Family planning
- Well-baby care and vaccinations
- Parenting support
- Home visits by a health worker with you, your baby and your partner

