Healthy Start helps babies get off to a healthy start!

Sign Up Today! Contact...

ST. LOUIS HEALTHY START
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www.stl-mcfhc.org

Maternal Child and Family Health Coalition

Nurses for Newborns Foundation

24 Communities 1Vision

Beyond Housing

Supported by Beyond Housing 24:1 Initiative and the Health Resources and Services Administration Maternal and Child Health Bureau

ST. LOUIS HEALTHY Start

Your Baby's Health Starts With You

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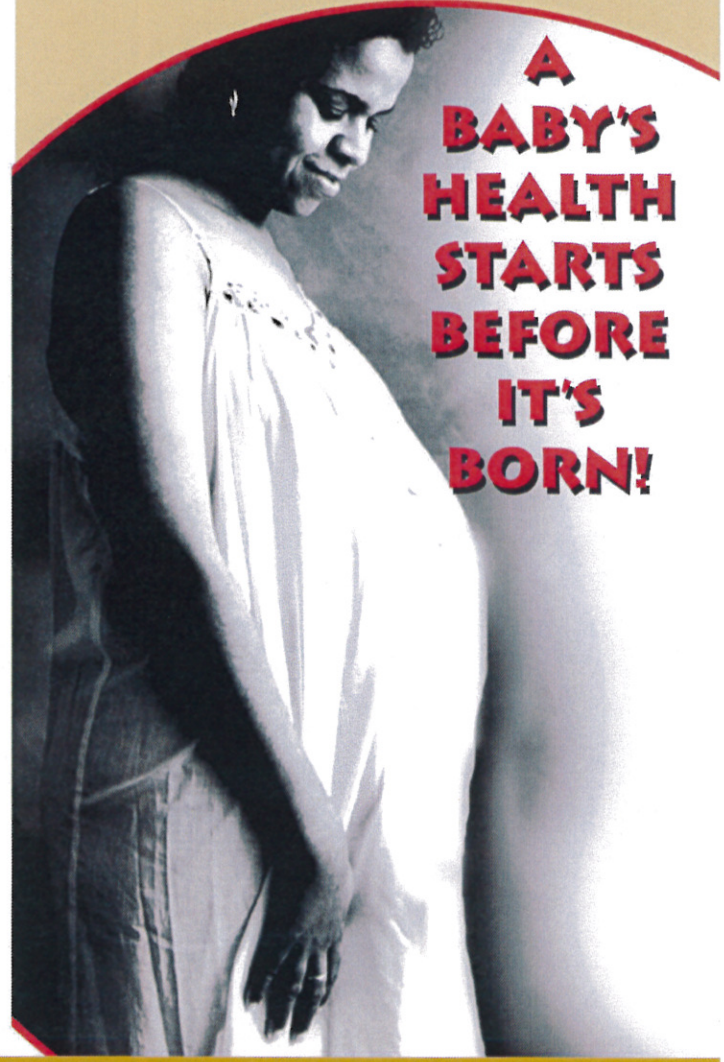

A BABY'S HEALTH STARTS BEFORE IT'S BORN!

HEALTHY START HELPS BABIES GET OFF TO A HEALTHY START

The statistics say it all. More African-American babies are born prematurely or with low birth weights – and that can lead to health problems. And in some areas of St. Louis, the chance of the baby dying at birth is twice as high as the national average.

The Healthy Start Program helps babies get off to a great start. Once in the program, nurses visit the mothers-to-be regularly in the privacy of their home. They answer questions, give advice, and make sure that both the mother and unborn baby are getting the right care they need. And babies born in the program are beating the statistics – they are off to a healthy start.

DINNER FOR TWO: THE IMPORTANCE OF EATING RIGHT AND OTHER INFORMATION

When you're pregnant, almost everything you do affects your unborn baby. That includes what you eat, what you drink, medicines you take and more. It can be a little over-whelming. With the Healthy Start Program, participants learn what's best for them and their baby. Nurses visit both before and after the baby is born – for up to two years – and help with health information and necessities, such as diapers and formula.

OUR HEALTHY START OUTREACH TEAM MAKES HOUSE CALLS

As part of the Healthy Start Program, in addition to our qualified nurses, we also have outreach moms in the community that visit and help Healthy Start participants connect with the right services they need. They are like friends who are going through or who have been through the experience – and help new mothers know that they are not alone.

HELP MOMS TO BE – FOR FREE!

This program is for women living in the 63113, 63120, 63121, 63133, 63136 zip codes in St. Louis. It's completely free, and all information is confidential.

Take the first step before your baby does!

To sign up for this program, or to refer someone you know, please call (314) 544-4922 today.

It's free. It's confidential.