

Healthy First Steps

A Program for Mothers-to-be

Pregnancy can be the greatest time in a woman's life. It is also a time to take good care of yourself and lead a healthy life for you and your baby. Our Healthy First Steps program gives pregnant mothers the information, education, and support they need. This helps lower any health risks during this special time. Early and regular prenatal care is crucial to you and your child's health. Healthy First Steps helps you form healthy habits. These habits can greatly decrease problems in your pregnancy. Taking part in good prenatal care can help stop many medical problems for you and your baby.

Healthy First Steps' Services

As a mother-to-be, you will have many questions and go through many physical and emotional changes. Healthy First Steps will give you prenatal education. They will also ask you to participate in regular prenatal health care. They will help your doctor in setting up any special support needed for a healthy pregnancy.

Healthy First Steps works with you and your doctor to help you:

- Learn if you are at risk for early labor or other pregnancy problems.
- Receive education and counseling to lessen risk.
- Receive services for good prenatal care.

Be a Part of Healthy First Steps

If you're expecting, taking part in the Healthy First Steps program can be a great first step in making your pregnancy the healthiest it can be. With our help, you can focus on giving your baby the best start possible.

Each mother-to-be who takes part in the Healthy First Steps program will receive a welcome packet. To sign up, call the number on your ID card.