You Want the Healthiest Start for Your Baby...

Let Us Help You Get There!

**Women, Infants and Children Supplemental Nutrition Program (WIC)** helps pregnant and postpartum women, infants, and children under age 5 eat well and stay healthy, by providing:

- Nutrition education
- Breastfeeding support
- Checks to buy healthy foods
- Referrals to medical providers and community services

**The Black Infant Health Program** aims to give Black babies a healthy start in life by supporting women's health and well-being during pregnancy.

- Group sessions for pregnant women and new mothers
- Life planning in the areas of health, relationships, and finances
- Referrals to health and social services
- Afrocentric parenting classes

**The Nurse-Family Partnership Program**, a home visiting program that:

- Partners first-time moms with nurses
- Provides support and helps mom-to-be have a healthy pregnancy
- Offers coaching on child development and empowers mom to pursue heart’s desire

**The Public Health Field Nursing Program** provides families with support and information on:

- Steps to take for a healthy pregnancy
- Caring for your newborn
- Helping your baby learn and grow
- Caring for a child with special health needs
- Community resources

For more information, or to enroll in any of these programs, please contact the MCAH office at 1-800-300-9950.

To provide you with the most complete care during this critical time in your life, you will be referred to one or more of these programs as needed. Your participation is completely voluntary.

**All services are free of cost!**