



hello Mama



Congratulations on your new bundle of joy! We are excited to partner with you to ensure that your pregnancy, delivery, and postpartum experiences are as joyful and stress-free as possible. Healthy Start offers a number of support options just for you – most at absolutely no cost!

*Explore our wide range of services designed to offer something for every mom.
Must be an Indian River County Resident.*

MATERNITY NAVIGATION 772.205.4023

Provided by professionals with training in perinatal mental health who want to ensure that your mental health is supported as much as your physical health!

Individual assessment and planning session to develop your tailored perinatal plan that includes Healthy Start, community resource identification and support options during your pregnancy and throughout the postpartum period.

A dedicated contact to reach out to when you have questions and need support!

PERSONALIZED COACHING & SUPPORT

Participate in monthly, biweekly, or weekly sessions with an individual coach to learn more about what to expect during your pregnancy and postpartum period.

Work on tailored health goals to maximize your health and wellness.

Practice parenting skills to enhance your bond with your baby and learn to be their first teacher.

Programs include Health Education, Healthy Families, Nurse Family Partnership, and Parents as Teachers.

RN POSTPARTUM CHECK-IN 772-567-4311 ext 2013

Home based or virtual check-in with a medical professional (e.g, RN, LPN, midwife) within 10 days of giving birth to ensure the health and wellness of moms and babies!

BREASTFEEDING SUPPORT 772.567.4311 ext 1277 or 1278

Bedside consultations with certified lactation counselors for all moms who deliver at Cleveland Clinic Indian River Hospital.

Virtual, phone, office, or home-based breastfeeding support available to all moms and infants in Indian River County.

DOULA

Be matched with your own personal doula at approximately 26-28 weeks into your pregnancy who will help you to:

Tailor your birth plan

Prepare for childbirth through stress management and relaxation techniques

Advocate for you during your birth

Support you during and in the immediate period after birth

Meet with you twice following your birth to provide on going support and coaching

Services provided on a sliding scale, with many moms qualifying for no-cost services

CHILDBIRTH EDUCATION

Attend one class or a series of classes offered virtually or in-person focused on topics like:

The stages of pregnancy

The birth process

Hypnobirthing

Infant CPR

Breastfeeding

Support for dads and partners

The fourth trimester

Scan QR Code for class calendar



Personalized Coaching & Support Details



HEALTH EDUCATION

Get support during pregnancy and up until your child's 1st birthday with:

- Having a healthy pregnancy, including healthy eating, activity, and stress management
- Breastfeeding
- Help for you or family members to quit smoking
- Postpartum depression prevention
- Parenting, family planning, and self-care
- Connections to other services in community



NURSE FAMILY PARTNERSHIP

Get support during your pregnancy and until your child's 2nd birthday with:

- Improving health for mom, baby and family
- Developing positive parenting skills
- Babyproofing your home and learning ways to keep baby safe
- Community referrals for you and your family
- Goal setting and achievement related to health, parenting, and general wellness and success
- Must be a first-time mom, meet income requirements, and enroll during pregnancy

PARENTS AS TEACHERS

Get support after your baby is born and up until their 3rd birthday with:

- Early childhood development and strong parent child attachment
- Early detection of developmental delays and health issues
- Increasing children's school readiness and success
- Building your parent-child network through playdates and meet-ups
- Must enroll after you give birth



HEALTHY FAMILIES

Get support during pregnancy and up until your child's 5th birthday with:

- Child growth and development
- Healthy ways of dealing with everyday stress
- Setting and achieving personal and family goals
- Developing positive parenting skills, including age-appropriate activities and appropriate discipline options
- Connections to community services your family may need
- Must enroll during pregnancy or by 6 months postpartum

Healthy Start is here for you. Need a little support or just have a quick question?

Contact us at anytime!

Phone: (772) 563-9118 | E-mail: connect@irhealthystart.org

www.irhealthystartcoalition.org

Instagram: [@irhealthystart](https://www.instagram.com/irhealthystart) Facebook: [facebook.com/HealthyStartIRC](https://www.facebook.com/HealthyStartIRC)