

Healthy Start
can help you
have a healthy
pregnancy, baby
and family!



FREE Pregnancy and Newborn Support

Healthy Start is here to help you throughout your pregnancy and with your new baby. From pregnancy health and breastfeeding education to newborn care and in-home help...we're just a call away.

Call 850-833-3999
or you can **text** us at
850-533-4178 for
a free consult!



Connect
850-833-3999

TEXT: 850-533-4178

VISIT: FLConnect.org

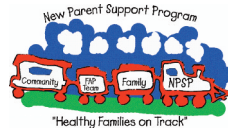
How to Enroll in Healthy Start

Healthcare providers are required to offer the Healthy Start screen to all pregnant women on their first prenatal visit and to newborns at the hospital or birth center. If you are not offered the Healthy Start screen—ask for it! Pregnant women and parents/caregivers of an infant under age 3 can also call Connect to enroll by phone in the Healthy Start program.

Healthy Start of Okaloosa-Walton Counties

www.HealthyStartOkaWalton.org

102 Beal Pkwy. SW Suite B
Fort Walton Beach, FL 32548
850-833-9284



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EVERY BABY DESERVES A
Healthy Start

*A home visiting program
for pregnant women and families with
infants and children up to age 3.*

HOME VISITING

- Get one-on-one support in your home or another convenient location
- Count on a friendly advisor throughout your pregnancy and after your baby is born
- Access services that are designed to meet your unique needs

PRENATAL EDUCATION AND SUPPORT

- Understand changes to your body and emotions during pregnancy
- Learn what to expect during labor and delivery
- Get information on food, medicine and exercise that can help or harm you and baby
- Find out the warning signs for early delivery

BREASTFEEDING EDUCATION AND SUPPORT

- Learn techniques for successful and enjoyable breastfeeding
- Get answers to your questions and concerns about breastfeeding
- Understand how breastfeeding benefits you and your baby

NEWBORN CARE

- Take care of your new baby
- Keep baby safe with the latest safety guidelines on sleep, car seats and more
- Learn about infant nutrition
- Understand the growth of your baby

PARENTING EDUCATION AND SUPPORT

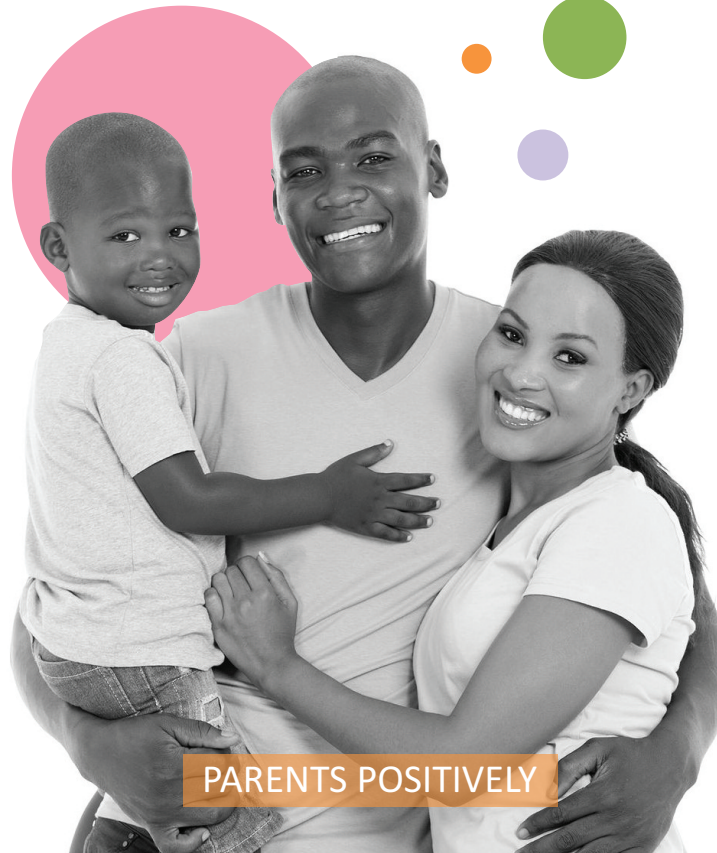
- Prepare for your baby to come home
- Track and support your baby's development
- Learn new ways to play and connect with your baby
- Become your baby's first teacher

HEALTH AND WELL-BEING

- Plan for future pregnancies
- Make healthy lifestyle choices for you and your family
- Gain access to resources for your family
- Get support for feeling anxious, stressed or having the "Baby Blues"



KNOWS WHAT TO EXPECT



PARENTS POSITIVELY



QUIT SMOKING