

Other Services May Include:



MomCare Program - provides free information, support and referral for pregnant women covered by Medicaid. For more information call (863) 519-4700 or Toll-free: 1-866-796-0871.



Beds 4 Babies Project - to reduce the risks of accidental infant suffocation and Sudden Infant Death Syndrome (SIDS) deaths, this project offers information on safe sleep practices and a portable crib to eligible families who lack the resources to provide a safe sleep environment for their baby. Families must live in Hardee, Highlands, or Polk County. For more information, contact the Healthy Start Program in your county.



Centering Pregnancy - is receiving prenatal care in a group setting. Women enrolled in Centering Pregnancy play a more active role in their pregnancy. They learn about their pregnancy, baby, childbirth and parenting. For a list of clinics offering Centering Pregnancy, contact the Healthy Start Coalition office at: (863) 534-9224.



A Safe Haven for Newborns - is Florida's Safe Baby Law. To save a child's life; this law allows parents or whoever is in possession of an unharmed newborn, approximately 7 days old or less, to leave them in the arms of an employee at any Hospital, staffed Fire Rescue Station or Emergency Medical Station, anonymously, and free from fear of prosecution. For more information, visit:

www.asafehavenfornewborns.com or call the multilingual 24/7 Helpline at: 1-877-767-2229.



Healthy Start Coalition of Hardee, Highlands & Polk Counties, Inc.
650 E Davidson Street, Bartow, FL 33830
(863) 534-9224
www.healthystarthhp.org
www.facebook.com/hSCHHP

You and Your Baby Deserve The Very Best!



Healthy Start services can help you before, during, and after pregnancy.

Ask your health care provider for a **FREE** screening today to see if you qualify. Eligibility is based on need and risk factors, not on income or health insurance.



Give your baby the best start in life....a **Healthy Start!**

For more information on the Healthy Start Prenatal and Infant Screening and Interconception **FREE** services, call your local Healthy Start Program.

Florida Department of Health in Hardee County

Wauchula: (863) 773-4161

Florida Department of Health in Highlands County

Sebring: (863) 382-7233

Florida Department of Health in Polk County

Auburndale: (863) 965-5400

Bartow: (863) 519-7916

Haines City: (863) 421-3204

Lake Wales: (863) 678-4144

Lakeland: (863) 413-2620



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Healthy Start Program



Every Baby Deserves a Healthy Start...

www.healthystarthhp.org
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Find Us On:

FREE Healthy Start Services For You & Your Baby



Prenatal Care Services

Ask your health care provider for a **Healthy Start Screening Form** to receive **FREE** Healthy Start services.

SERVICES MAY INCLUDE:

- Assistance with Medicaid
- Home visits by health professionals
- Tips on healthy eating
- Help quit smoking
- Childbirth education
- Breastfeeding support
- Parenting education
- Coordination of other community services

The Healthy Start Screening Form is a short form you complete with your health care provider in a private setting. It will ask you questions about you, your health, and anything that could affect the health of your baby.

YOUR ANSWERS ARE STRICTLY CONFIDENTIAL!



Infant Care Services

Ask your doctor, nurse, hospital staff, birthing center staff or midwife for a **Healthy Start Infant Screen** to receive **FREE** services for your baby.

SERVICES MAY INCLUDE:

- Baby care
- Car Seat Safety
- Child growth & development
- Safe Sleep Education
- Information on how to choose a safe caregiver
- Water Safety
- How to soothe a crying baby
- Information on immunizations
- Coordination of other community services

For more information on Prenatal, Infant, and Interconception services, call Healthy Start at:

Florida Department of Health in Hardee County

Wauchula: (863) 773-4161

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Interconception Care

Interconception is the time between the end of one pregnancy and beginning of the next one.

SERVICES MAY INCLUDE:

- Family Planning information
- Counseling services or referral to counseling services, including grief counseling
- Tips on healthy eating
- Help to stop smoking & avoidance of drugs and alcohol
- Home visits by health professionals
- Coordination of other community services
- How to stay healthy before your next pregnancy

WHO SHOULD RECEIVE INTERCONCEPTION CARE?

- Women who have delivered within the past 6 weeks
- Women with a pregnancy that lasted less than 37 weeks gestation
- Women who gave birth to a baby that did not grow enough during the pregnancy
- Women who gave birth to a baby with a birth defect
- Women who have had a loss (miscarriage, stillbirth or infant death)
- Women with a chronic disease, like diabetes

Mother and father should make sure they are healthy before becoming pregnant again!



Every Baby Deserves..... a Healthy Start!

