



Healthy StartTM
COALITION OF BREVARD

Healthy Babies Start With Healthy Moms!



*Healthy Start is a non-profit organization
that provides support for a
healthy pregnancy and a healthy baby.*

www.healthystartbrevard.com

Any woman can

Have a BABY that is born too small or too soon.

Healthy Start is here to guide and support your family through the challenges of pregnancy and your infant's first three years. Healthy Start provides moms and babies with the resources, support, and help needed for a healthy pregnancy and a healthy baby.

Healthy Start services are based on needs, not income or insurance. A Healthy Start screening, which is a simple set of questions, determines if a pregnant woman and/or her baby could benefit from Healthy Start services. The answers to these questions are kept confidential and used only to provide the best care for you and your baby.



Any woman can have a baby that is born too small or too soon. Taking the time to fill out this confidential screen may reduce or eliminate risks to your pregnancy and your baby, if we know about them early.

Healthy Start has the latest access to medical information regarding pregnancy, infants and parenting. We are here to guide and support you and your baby.



How Do I Enroll In

Healthy Start?

There are **2 ways to enroll in Healthy Start**

#1: Fill out a HEALTHY START RISK SCREEN

There are two Healthy Start Risk Screenings available for you and your baby.

The PRENATAL HEALTHY START RISK SCREEN that is completed while you are pregnant is a simple one-page questionnaire that is completed by you and your doctor, midwife or nurse typically at your initial prenatal visit. Consent to this screen and ask to be referred to Healthy Start.

The HEALTHY START INFANT RISK SCREEN that is completed after your baby is born is completed at the hospital at the same time as your baby's birth certificate questionnaire. You will be asked three questions on if you would like to enroll and have Healthy Start contact you. Say yes to all three questions and ask to be referred to Healthy Start.

#2: Call Healthy Start (321) 634-6101

You can call us anytime during your pregnancy and until your baby is the age of three and enroll in Healthy Start over the phone.

Risk Screening is an important part of

Prenatal and Infant Healthcare

Even if you don't think you need help, your answers will assist in gathering data that can improve healthcare for all of Florida's moms and babies.

Healthy Start



provides the following services
for pregnant women and infants based on individual needs:

Your personal care coordinator will help you organize and schedule the services you need and refer you to other community resources should you need them.

CHILDBIRTH..... EDUCATION

- Understanding changes to your body and emotions during pregnancy
- Preparing for labor and delivery
- Caring for the health of you and your baby

COUNSELING..... SUPPORT

Individuals, couples or families are provided with short-term counseling to reduce stress and address emotional or social problems.

Counseling to help you with:

- Feeling anxious or nervous
- Feeling depressed or having the “Baby Blues”
- Relationship and partner issues
- Family and home life stress

WOMEN’S HEALTH..... EDUCATION & SUPPORT

- Planning for future pregnancies
- Taking care of yourself after the birth of your baby
- Making healthy lifestyle choices for you and your family

BREASTFEEDING & NUTRITION..... EDUCATION & SUPPORT

- Learning techniques and giving support for successful breastfeeding
- Learning proper nutrition for you and your baby

CHILD DEVELOPMENT..... & PARENTING EDUCATION & SUPPORT

- Preparing for your baby to come home
- Taking care of your new baby and infant safety tips
- Understanding the growth and development of your baby
- Learning new ways to play and connect with your baby

SMOKING..... EDUCATION & SUPPORT

- Quitting/reducing smoking during pregnancy to reduce your baby’s risks of being born too early and too small
- Making your home smoke-free to reduce your baby’s risks for colds and SIDS (Sudden Infant Death Syndrome)
- Removing nicotine from your body to help increase your breast milk supply and reduce baby’s fussiness

**Ask your nurse, doctor or midwife about the Healthy Start program today
or contact your local Healthy Start representative
to learn how you can enroll in the program at (321) 634-6101**

Healthy Babies

Start With Healthy Moms!



Who is eligible for Healthy Start?

ALL pregnant women and infants up to age three who need or want services to assure a healthy pregnancy and a healthy baby.

The Healthy Start program is voluntary and available to all Florida residents. To enroll and to receive services, simply initial "YES" to the consent questions, ask to be referred, and sign it. Healthy Start is NOT based on income but is based solely on risk factors present during your pregnancy or at your baby's birth.

What can I expect from the Healthy Start team?

A Healthy Start team member is trained to guide and support your family through the challenges of pregnancy and your infant's first three years. A team member of Healthy Start will make an initial phone call to you to discuss how Healthy Start is here to assist you and your baby. Services may be provided in the comfort of your home or another location convenient for you. Healthy Start team members have the latest access to medical information regarding pregnancy, infants, and parenting.

For more information visit:
www.healthystartbrevard.com
(321) 634-6101

Tips for a Healthy Pregnancy

When you're pregnant or thinking of becoming pregnant it is important to know what steps you can take to have a healthy pregnancy.

You will want to...

- Go to the Doctor as soon as you think you may be pregnant and keep ALL appointments
- Give your Doctor your complete medical history
- Try to maintain a healthy weight before and during pregnancy
- Not use any drugs unless prescribed by your Doctor
- Avoid stress
- Avoid alcohol
- Eat a healthy and balanced diet
- Not smoke or be around smokers



About Healthy Start

Healthy Start is a non-profit organization that provides moms, newborns and families with the resources, help and support they need to have a healthy pregnancy and a healthy baby. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes of all Florida's babies.

The Healthy Start Coalition of Brevard County facilitates FREE risk screenings for pregnant women and infants through obstetricians and hospitals. If a combination of risk factors are found, Healthy Start Care Coordinators provide FREE services to reduce these factors and improve the birth outcome. Participation in the Healthy Start program is not based on income - it is solely based on risk factors present during pregnancy or at birth.



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