

## 加入歡迎寶寶大家庭！



1st LA  
**first 5 la**  
— WELCOME BABY —

歡迎寶寶為您提供值得信賴的夥伴，幫助您度過懷孕和初為人父母的旅程。



歡迎寶貝計劃 (Welcome Baby) 會在您懷孕期間以及寶寶回家後為您提供支持和資源。您將擁有專屬的育兒指導員和護士，他們可以在您方便的時間上門拜訪。

作為「歡迎寶寶」計畫的一部分，您將獲得：

- 在懷孕及寶寶9個月大前，先與您的專屬育兒教練進行一對一諮詢
- 幫助您照顧新生兒健康發育的訊息
- 出院後不久，護士上門家訪
- 協助您協調新生兒的健康保險和醫生預約
- 由認證哺乳導師提供的母乳哺育與嬰兒營養的協助
- 為您和寶寶推薦您所在社區的其他資源

「歡迎寶寶」計畫是一系列為家庭提供免費支援的計畫之一。該系統旨在幫助您找到最適合您和您家人的服務和資源。這些項目不計入移民的「公共負擔」規則。



立即來電報名：

**626.851.2749**

更多資訊請見：

**WelcomeBabySupport.org**

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**EmanateHealth™**

如果您居住在洛杉磯縣，並計劃在 Emanate Health Queen of the Valley 醫院分娩，無論您的收入，保險或移民身份如何，所有服務均免費。

立即致電報名：626-851-2749

## 訪問計劃時間表

 妊娠早期或中期  
家庭探訪

 電話關心

 妊娠晚期  
家庭探訪

 寶寶出生了  
產後醫院探訪

 護理師將在媽媽和寶寶回家後一週內進行家訪

 寶寶出生後2-4週  
家庭探訪

 寶寶兩個月大  
家庭探訪

 寶寶3-4個月大  
家庭探訪

 寶寶9個月大  
最後一次家庭探訪

所有預約均由專屬家長指導員或護理師陪同，他們將全程為您提供支援和指導。

## Join the Welcome Baby Family!



Welcome Baby provides you with a trusted partner to help you through the journey of pregnancy and early parenthood.



**Welcome Baby gives you support and resources** during your pregnancy and after you've brought your baby home. You get your own **Parent Coach and nurse** who can hold visits with you in the convenience of your home, at a time that works for you.

If you live in L.A. County and plan to deliver at **Emanate Health Queen of the Valley Hospital**, it's all **FREE**, no matter your income, insurance, or immigration status. Call now to enroll: **626-851-2749**

### As part of Welcome Baby you'll receive:

- **One-on-one appointments** with your personal Parent Coach during your pregnancy and until your baby reaches 9 months of age
- Information to help you **nurture the healthy development** of your newborn
- **A nurse visit** shortly after you return from the hospital
- Assistance coordinating **health insurance coverage and doctor's appointments** for your new baby
- **Help with breastfeeding** and infant nutrition from a Certified Lactation Educator
- **Referrals to additional resources** in your neighborhood to help you and your baby

Welcome Baby is part of a network of programs that provide free support to families. The network helps you find the best services and resources for you and your family. These programs do NOT count toward the "public charge" rule for immigration.



Call to sign up now:  
**626.851.2749**

More information is available at  
**WelcomeBabySupport.org**



## Timeline of Visits

 **FIRST OR SECOND TRIMESTER OF PREGNANCY**  
Visit in the home

 **PHONE CALL CHECK-IN**

 **THIRD TRIMESTER OF PREGNANCY**  
Visit in the home

 **BABY IS BORN**  
Postpartum hospital visit

 **NURSE HOME VISIT WITHIN ONE WEEK OF MOM AND BABY COMING HOME**

 **BABY'S 2-4 WEEKS**  
Visit in the home

 **BABY'S 2 MONTHS**  
Visit in the home

 **BABY'S 3-4 MONTHS**  
Visit in the home

 **BABY'S 9 MONTHS**  
Final visit in the home

All appointments are held with a personal Parent Coach or nurse who offers you support and education every step of the way.