

懷孕了嗎？ 歡迎寶寶來幫忙！



1ST LA
first 5 la
— WELCOME BABY —



「歡迎寶寶」計畫會在您分娩後為您提供免費的額外支援和資源。住院期間，我們會與您會面，提供對您的家庭有幫助的重要資訊

作為「歡迎寶寶」計畫的一部分，您將獲得：

- 產後一對一諮詢，幫助您產後恢復，並做好帶寶寶回家的準備
- 幫助您照顧新生兒健康發育的訊息
- 協助您協調新生兒的健康保險和醫生預約
- 由認證哺乳指導員提供的母乳哺育與嬰兒營養的指導
- 為您和寶寶提供社區內其他資源的轉介服務

根據您的需求，您可能會獲得最多三次由護理師或育兒指導員進行的額外家訪。迎



如欲了解更多關於「歡迎寶寶」計畫的資訊並報名參加，請致電

626.851.2749.

更多資訊請訪問網站

WelcomeBabySupport.org

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EmanateHealth[™]

如果您在洛杉磯縣的 Emanate Health - Queen of the Valley 醫院分娩，即可完全免費享受「歡迎寶寶」服務。所有符合資格的準媽媽均可享有此項醫院服務，根據您的需求和居住地，您可能還能獲得其他福利。

訪問計劃時間表

歡迎寶寶醫院探訪，
所有媽媽均可參加

寶寶出生了

+ 產後醫院就診、床邊健康篩檢、資訊
以及您所在社區可獲得的資源

根據需要進行額外的家庭探訪：



媽媽和寶寶回家後
一週內進行首次家訪



寶寶出生後的前2-4週



寶寶2個月大

所有準媽媽都有資格參加「歡迎寶寶」醫院探訪活動，並根據居住地和具體需求獲得不同的益處。

Pregnant? Welcome Baby can help!



Welcome Baby gives you **FREE extra support and resources** at the hospital after you deliver. While at the hospital, we will meet with you to provide important information that can help your family.

Welcome Baby is completely free if you're delivering at **Emanate Health - Queen of the Valley Hospital** and live in L.A. County. Everyone can get the hospital visit, and you may be able to receive other benefits depending on your needs and where you live.

As part of Welcome Baby you'll receive:

- **A one-on-one appointment** after you give birth to encourage your recovery and help you prepare to go home with your new baby
- Information to help you **nurture the healthy development** of your newborn
- 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

Depending on your needs, you may receive up to three additional home visits with a nurse or Parent Coach.

Timeline of Visits

Welcome Baby Hospital Visit, available to all moms



BABY IS BORN

Postpartum hospital visit, bedside health screening, information, and resources available in your community

Additional Home Visits, as needed:



FIRST HOME VISIT WITHIN ONE WEEK OF MOM AND BABY COMING HOME



BABY'S FIRST 2-4 WEEKS



BABY'S 2 MONTHS

All moms are eligible for the Welcome Baby hospital visit and will benefit in different ways based on where they live and their specific needs.



To learn more about Welcome Baby and sign up for the program, call **626.851.2749**.

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

