



1ST LA
first 5 la
 — WELCOME BABY —

Pregnant women who enroll early receive the full benefits of the program. You can help in two easy steps:

1 Determine eligibility: Does your patient meet these requirements?

- ✓ Up to 38 weeks pregnant
- ✓ Plans to deliver at St. Mary Medical Center
- ✓ Resides in Los Angeles County

2 Fax the completed referral form to: **562-491-9824**

Welcome Baby is part of a network of free home visiting programs that support pregnant women and new parents. These programs connect your patients with resources that help them give kids the best start.

“The services Welcome Baby provides are absolutely complementary to what we’re trying to do.”

— Sean Kossari, MD
 OB-GYN in the San Fernando Valley

This program is offered **FREE** to parents of **all income levels** who plan to deliver at St. Mary Medical Center or another participating hospital.

More information:

562-491-4841
 or

>WelcomeBabySupport.org

Welcome Baby is a First 5 LA-funded program that helps families: maximize the health, safety, and security of their baby; strengthen the parent-child relationship; and access helpful community services. St. Mary Medical Center and Families in Good Health implement the program together to serve the Best Start Central Long Beach, Compton and Wilmington communities.



 **Dignity Health.**
 St. Mary Medical Center

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A program to enhance your work with pregnant women and new parents



Welcome Baby RN's and Parent Coaches visit moms at home to provide education and support in a variety of areas, including breastfeeding, infant development, parent-child bonding, and home safety.

How does Welcome Baby support your work? It helps pregnant and postpartum women keep *regular check-ups* with your office, helps them navigate *insurance coverage*, and connects families with other *community resources and services*.

“Welcome Baby Parent Coaches bond with patients in their own homes, providing an extra layer of support to my in-office care.”

— Kelly Jones, MD
USC Family Practice

Welcome Baby participants receive:

- One-on-one visits with a personal Parent Coach, from pregnancy through baby's first 9 months
- A home visit with a nurse within the first few days after mom and baby come home from the hospital
- Assistance with breastfeeding from a Certified Lactation Educator
- Screening and referral for perinatal depression and anxiety
- Education on child development, and ASQ assessment of developmental milestones
- Materials to assist with parenting and to stimulate the baby's learning
- Referrals to other community resources, as needed

Welcome Baby helps your patients feel confident and prepared for their journey into parenthood.

Timeline of Visits (all virtual visits during pandemic)


 **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 provides support and education every step of the way.

