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— WELCOME BABY —

Welcome Baby gives you personal support and resources during pregnancy and early parenthood

FREE for families delivering at **St. Mary Medical Center** — no matter your income, immigration status, or insurance coverage



FREE
home visits
and phone
support!

Program Visits

 **FIRST OR SECOND TRIMESTER OF PREGNANCY**
Home visit*

 **PHONE CALL CHECK-IN**

 **THIRD TRIMESTER OF PREGNANCY**
Home visit*

 **BABY IS BORN**
Postpartum hospital visit*

 **NURSE VISIT SHORTLY AFTER MOM AND BABY COME HOME**
Home visit*

 **BABY'S 2-4 WEEKS**
Home visit*

 **BABY'S 2 MONTHS**
Home visit*

 **BABY'S 3-4 MONTHS**
Home visit*

 **BABY'S 9 MONTHS**
Final visit*

*Only virtual visits during pandemic

WHAT YOU GET

- **Your own Parent Coach** who will be there to answer questions about pregnancy and caring for your newborn (and yourself!)
- **An in-hospital visit** to provide breastfeeding assistance and other helpful support
- **Your own Registered Nurse** who can answer questions and check up on you and the baby after you get home from the hospital
- **Ongoing support** to help you have a healthy pregnancy and birth, manage stress, make breastfeeding easier, bond with your baby, and create a baby-safe home
- **Connections to community resources:** Free or low-cost baby supplies, applying for programs like WIC or CalFresh, finding a specialist ... whatever you need!

Support may vary depending on where you live. Welcome Baby does NOT count toward the "public charge" test.



Call to enroll now!
562-491-4841
WelcomeBabySupport.org

Family Strengthening Network Home Visiting Programs

Caring for a new baby isn't easy, and we want to make it as stress-free as possible for you.

In L.A. County, some hospitals — including **St. Mary Medical Center** — offer the free Welcome Baby program. It provides one-on-one support and helps you find free resources for your family. **With home visits, it's all available right from your couch!**

Depending on where you live, Welcome Baby may support you during pregnancy and a few months after your baby is born. But some families may qualify for a partner program's home visiting services, which can last up to 5 years.

We'll help you determine which program is best for you, but the choice is yours, and there's no commitment.



Partner Programs

- Children's Institute
- Families in Good Health
- Pacific Asian Counseling Services (PACS)
- The Children's Clinic

VIRTUAL VISITS

COVID-19 may prevent us from meeting in person, but if you have a smartphone or computer, we can connect virtually.

When in-person visits become available, you can choose to meet at your home or any other convenient location.



WHAT YOU GET

All programs provide one-on-one support to help you:

- Gain confidence as a parent
- Promote your baby's growth and brain development
- Breastfeed more easily
- Find community resources (baby supplies and programs like WIC, CalFresh, housing services)
- Create a safe, nurturing home environment
- Coordinate health coverage and check-ups for mom and baby
- And more ...