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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



Home visits available!

Program Visits



FIRST OR SECOND TRIMESTER OF PREGNANCY



PHONE CALL CHECK-IN



THIRD TRIMESTER OF PREGNANCY



BABY IS BORN
Postpartum hospital visit



NURSE VISIT SHORTLY AFTER YOU AND BABY COME HOME



BABY'S 2-4 WEEKS



BABY'S 2 MONTHS



BABY'S 3-4 MONTHS



BABY'S 9 MONTHS
Final visit

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 when 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, getting WIC or CalFresh benefits, finding a specialist ... whatever you need!

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

Scan



Or visit: WelcomeBabySupport.org

Or call: **562-491-4841**



Dignity Health
St. Mary Medical Center

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

HOME VISITS

We can meet at your home or another place — and we will work around your schedule.

You will also be able to call or text your home visitor if you ever have a question or concern.



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 ...