

Family Strengthening Network Welcome Baby



Available to all moms giving birth at St. Mary Medical Center

*Serving the Best Start communities of Wilmington
and Long Beach*

Welcome Baby offers you personalized support and education during your pregnancy and throughout your baby's first nine months. This free program connects you with a trained professional who will meet with you at the hospital and in your home (or, if you prefer, another convenient location) to talk about your concerns and answer your questions.

Welcome Baby provides breastfeeding support, helps you create a safe home environment, and assists you with doctor's appointments and health coverage issues. It also lets you know about other community services that can benefit your family.

The program is free to all families who deliver at St. Mary Medical Center and live in L.A. County — regardless of your family income, immigration status, or insurance coverage.

Welcome Baby benefits your family in different ways based on where you live and on your specific needs. Call to learn more and sign up:

562-491-4841



Welcome Baby Timeline of Program 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 women support and education every step of the way.



Family Strengthening Network Home Visiting Partner Programs

Welcome Baby works with home visiting partner programs in the community that support families with newborns. Depending on your family's needs, you may wish to sign up with one of these programs.

Like Welcome Baby, the programs are free. They connect you with a trained professional who meets with you in your home (or at another convenient location, if you prefer).

These programs offer more frequent visits and may be available for longer periods (but you can opt out any time). They help you create a safe and healthy home and a plan to achieve your family's goals.



Home Visiting Partner Programs

Children's Institute
Pacific Asian Counseling Services
Families in Good Health
The Children's Clinic



Your home visitor will be there to cheer you on as you achieve your goals, and to listen and discuss your concerns along the way. In addition to providing useful tips and support, she will help you find local resources that will benefit your family.

Your home visitor can help you:

- Be the best parent you can be
- Understand and promote your baby's healthy development
- Resolve family problems, reduce stress
- Find a job and get help paying bills
- Get health insurance coverage
- Find a doctor/dentist and get check-ups

St. Mary Medical Center
Long Beach, CA | 562-491-4841

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