Pregnancy Tips:

- See a doctor for prenatal care as early in pregnancy as you can.
- Start taking prenatal vitamins as soon as you find out you are pregnant.
- Eat a variety of healthy foods, especially fruits and vegetables. WIC is a great resource for information about healthy eating!
- Get a flu shot to protect you and your baby from the flu. Our immunization clinic can help you find out what immunizations you and your family need.
- Stay active. Physical activity is good for you and your baby.
- Be smoke-free. If you need help quitting, our public health nurses can help.
- Stay alcohol and drug free while you are pregnant. If you need help quitting alcohol, marijuana or other drugs, our public health nurses can help.
- We are here to support you throughout your pregnancy and beyond, so don't worry!

For appointments with any JCPH Program, please call 303-232-6301

Public Health...Every day, Everywhere, Everyone

Resources:

Free text messages to keep you and your baby healthy.
www.text4baby.org
Text "baby" to 511411.

text4baby

www.nursefamilypartnership.org

For appointments with any JCPH Program, please call 303-232-6301

Jefferson County Public Health

Lakewood

(303) 232-6301

jeffco.us/public-health

May 2014

Two programs here to help you with your pregnancy and your new baby!

Public Health

Prenatal Plus & Nurse Family Partnership® (NFP)

Jefferson County Public Health
303-232-6301
jeffco.us/public-health

Jefferson County Public Health

Public Health...Every day, Everywhere, Everyone

Prenatal Plus

Choose to have a Healthy Pregnancy

Prenatal Plus is a voluntary program to help you have a healthy pregnancy and a healthy baby whether you are a first-time mom or have other children.

You qualify for this program if you:

Are eligible for Medicaid or Presumptive Eligibility (PE)

If you are eligible, you and your family can receive:

- Support throughout your pregnancy and until your baby is two months old
- Home or office visits with a Registered Nurse to help you meet your goals for a healthy pregnancy
- Help getting your Medicaid card
- Answers to your questions about pregnancy, labor and delivery, breastfeeding, birth control and caring for your baby
- Community resources to help meet your family's needs
- Support and education about nutrition from a Registered Dietician at WIC
- Support from a professional counselor who can help you deal with stress and/or depression

If you are interested in these special programs, available at no cost to you, please call:

Prenatal Plus

303-239-7135

Public Health

Nurse Family Partnership
303-239-7074

Nurse-Family Partnership®
Helping First-Time Parents Succeed

The **Nurse Family Partnership®** is a voluntary program to help you and your child begin a healthy life together.

You are eligible for this program if you:

- Are expecting your first child
- Meet income requirements
- Live in Jefferson County

By participating you and your family will receive:

- Home visits by specially trained Registered Nurses
- Guidance, knowledge, and skills throughout your pregnancy and until your baby turns 2 years old
- Support to achieve your heart's desire and create the best life for your baby and yourself
- Community resources to help meet your family's needs