

Healthy Start Home Visitor Services are available to **any** pregnant woman and families with a baby (birth through one year) living in Kansas. As your child grows and you have questions or concerns, you can contact your Home Visitor for help.

Home Visitors are mothers that have been trained to help other mothers with their concerns and they work with public health nurses who can make home visits as needed.

Services are provided in your home through scheduled visits to give you friendly support and information. The Home Visitor can help you with:

- Planning for a healthy pregnancy
- Financial assistance and insurance; assistance in filling out forms
- The supplemental food / nutrition program for Women, Infants, and Children (WIC) and other food resources
- Prenatal, postpartum, and baby care
- Babies who have special health needs
- Reducing risk on infant death and injury; Child safety
- Family planning

- Family relationships and counseling services
- Healthcare for you and your child
- Child development, early childhood programs or childcare information
- Adult Education

For information on *Healthy Start Home Visitor Services* contact the Maternal and Child Health Program at:

For other services and programs, contact the Kansas Department of Health and Environment at (800) 332-6262 or visit www.kdheks.gov

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Kansas Maternal and Child Health Program

Healthy Start Home Visitor Services



Bureau of Family Health
Kansas Department of Health & Environment
1000 SW Jackson, Suite 220
Curtis State Office Building
Topeka, Kansas 66612-1274



*Vision: Healthy Kansans Living in Safe
and Sustainable Environments*

What is the Maternal and Child Health Program?

The Maternal and Child Health (MCH) Program is located in local health departments / clinics, serving **all** families in Kansas regardless of race, ethnicity, financial status or legal residency, including:

- Women of childbearing age
- Pregnant women, mothers and their babies
- Infants and children
- Pre-teens and adolescents

MCH programs partner with you and other agencies to provide health resources, education, outreach and family support for healthy mothers, infants, children and adolescents.

How can a Healthy Start Visitor assist your family?

Before Baby



Healthy Start Home Visitors want to visit you **before** your child is born to help you have the healthiest

pregnancy possible. The Visitor can help you with:

- Finding a doctor
- Good nutrition
- Help you learn to breastfeed your baby
- Infant car safety seats and how to use them
- Planning for child care, if needed
- Stopping behaviors that can hurt your growing baby (smoking, drinking alcohol, or other drugs)

After Baby



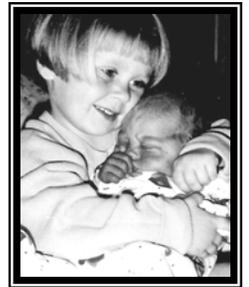
A home visit will be scheduled at your convenience soon after your baby is born in case you have questions or need help with:

- Your recovery after having a baby
- Baby care
- Breastfeeding

- Nutrition for you and your baby
- Regular health checks for your baby
- Family planning
- Immunizations for you and baby
- Expected infant development
- Understanding a baby's or child's behavior
- Change in the family with a baby
- Discipline / setting limits for children
- Locating agencies / programs that can assist you and your family

Grow a healthy family!

As your baby grows and you have new questions, concerns, or health needs, your Home Visitor can help you find the resources you need.



You and your family are important! Agencies in your community and at the State want your experience as a parent and family to be healthy, safe, and fulfilling!