

After your baby is born:

You should ask the birthing center staff or midwife to complete a **Healthy Start Infant Risk Screen**.

This screening helps you find out anything that could affect your baby's growth and development during the first year of life.

More resources

Family Health Line staff can answer questions about prenatal care, infant health care, family planning, and drug and alcohol use. Counselors speak English, Spanish and Creole and can link for help in other languages. Calls are confidential and free. **Call 1-800-451-2229.**

Abuse may happen more in pregnancy. If someone is hurting you, shelter, counseling and legal aid are available. **Call 1-800-500-1119.**

WIC offers pregnant and breastfeeding women, infants and children healthy foods and nutrition counseling. **Call 1-800-342-3556.**



If you want to know more about Healthy Start, talk with your health care provider or call your local Healthy Start Program:



Or call your local Healthy Start Coalition:



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Healthy Start Prenatal Risk Screening



Pregnant?

Yes

Live in Florida?

Yes

Then ask your doctor, nurse or midwife for a Healthy Start Prenatal Screen.

There is no cost for the screening or program services.

You want to deliver a healthy baby and Healthy Start can help.



What is a Healthy Start Prenatal Risk Screen?

The Healthy Start Prenatal Risk Screen is a set of questions that helps you find out if there is anything about your health, current living environment, or everyday activities that could cause problems for you or your baby.

The answers to all questions are **private** and will only be used to help you have the best possible care for a healthy pregnancy.

Why should you complete a Healthy Start Prenatal Screen?

Pregnancy risks that contribute to babies being born too small or too early can happen to any woman.

Saying "Yes" to the screen will help in gathering information that can make health care better for all of Florida's moms and babies.

Services will be offered to you based on the results of your screen. Whether or not you receive services is your choice.

If you say "Yes" to being contacted by Healthy Start, someone from the program will get in touch with you. They will explain the results of the screening and answer your questions.

They will help you decide what you need and find services in your area to help you have a healthy pregnancy and baby.

Healthy Start Program Services may include:

- Parenting education and support
- Childbirth preparation/education
- Breastfeeding education
- Help to reduce stress
- Help to quit smoking
- Ideas for eating healthy
- Information about how to plan and time any future pregnancies for better health
- Links to other services in the community

The choices you make now are important for your baby's health.

Be sure to:

- Keep all of your prenatal visits.
- Eat foods that are good for you and your baby.
- Avoid drinking alcohol, smoking cigarettes and using drugs or tobacco.
- Take care of your teeth and gums.
- Be active daily.
- Avoid douching.
- Call your doctor right away if you feel burning when you urinate or think you have any kind of infection.
- Talk with your doctor or midwife about counting when your baby moves.

Call your doctor or midwife right away if you have any signs of going into labor early, which may include:

- Cramps in your belly
- Low, dull backache
- Feeling like your baby is pushing down hard
- Bleeding or water leaking from your vagina
- Contractions every 10 minutes or more often

Every baby deserves a healthy start!