

Healthy Start  
can help you  
have a healthy  
pregnancy, baby  
and family!



**Healthy Start** is here to help you throughout your pregnancy and with your new baby. Our Home Visitors provide one-on-one support by phone, at home visits or another convenient location. The Healthy Start program is designed to meet YOUR needs. Learn about our free services and how you can enroll in Healthy Start.



**Connect**  
877-678-9355

#### How to Enroll in Healthy Start

Healthcare providers are required to offer the Healthy Start screen to all pregnant women on their first prenatal visit and to newborns at the hospital or birth center. If you are not offered the Healthy Start screen—ask for it! Pregnant women and parents/caregivers of an infant under age 3 can also call Connect to enroll by phone in the Healthy Start program.

#### Visit the Florida Healthy Start website for your county to learn more:

**Healthy Start of North Central Florida**  
[www.HealthyStartNCF.org](http://www.HealthyStartNCF.org)

*Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union*

**Central Healthy Start Florida**  
[www.CentralHealthyStart.org](http://www.CentralHealthyStart.org)

*Counties: Citrus, Hernando, Lake, Sumter*



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Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606  
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EVERY BABY DESERVES A  
**Healthy Start**

*A home visiting program  
for pregnant women and families with  
infants and children up to age 3.*

## HOME VISITING

- Get one-on-one support in your home or another convenient location
- Count on a friendly advisor throughout your pregnancy and after your baby is born
- Access services that are designed to meet your unique needs

## PRENATAL EDUCATION AND SUPPORT

- Understand changes to your body and emotions during pregnancy
- Learn what to expect during labor and delivery
- Get information on food, medicine and exercise that can help or harm you and baby
- Find out the warning signs for early delivery

## BREASTFEEDING EDUCATION AND SUPPORT

- Learn techniques for successful and enjoyable breastfeeding
- Get answers to your questions and concerns about breastfeeding
- Understand how breastfeeding benefits you and your baby

## NEWBORN CARE

- Take care of your new baby
- Keep baby safe with the latest safety guidelines on sleep, car seats and more
- Learn about infant nutrition
- Understand the growth of your baby

## PARENTING EDUCATION AND SUPPORT

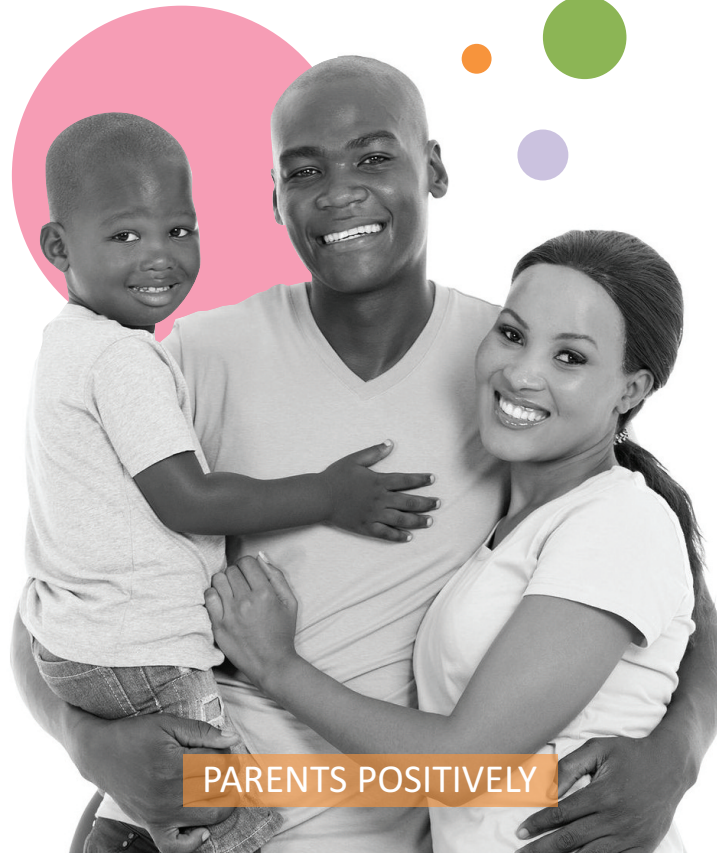
- Prepare for your baby to come home
- Track and support your baby's development
- Learn new ways to play and connect with your baby
- Become your baby's first teacher

## HEALTH AND WELL-BEING

- Plan for future pregnancies
- Make healthy lifestyle choices for you and your family
- Gain access to resources for your family
- Get support for feeling anxious, stressed or having the "Baby Blues"



KNOWS WHAT TO EXPECT



PARENTS POSITIVELY



QUIT SMOKING