

*Ask your doctor or  
midwife about Healthy Start!*

*Contact your local Healthy Start Care Coordinator:*

**Pasco County  
Healthy Start Program**  
(727) 619-0210

**Healthy Start Coalition of Pasco**  
P.O. Box 1527 New Port Richey, FL 34656  
Phone: 727 841-7888  
*Like us on Facebook*



**Every baby deserves  
a healthy start!**

*Learn about Healthy Start's free services for  
pregnant women and babies up to age three.*



## Healthy Start provides the following services for moms and babies

### Care Coordination:

Healthy Start provides a personal Care Coordinator to assist you with services throughout your prenatal care and after the birth of your baby.

Your Care Coordinator will meet you at your doctor or pediatrician's office, your home or any place that is convenient for you. She will assist you with services and educational opportunities to help you have a healthy pregnancy and a healthy baby.



### Childbirth Education:

Childbirth education can help you have the most positive birth experience and outcomes for you and your baby. Services are provided to you at:

- **Florida Hospital Zephyrhills**  
Classes are free of charge. Call (813) 783-6124 to schedule an appointment.
- **Medical Center of Trinity** Classes are free of charge. Call (727) 834-5630 to schedule an appointment.
- **Florida Hospital Wesley Chapel**  
Classes are free of charge to Healthy Start participants.

### Breastfeeding Education and Support:

Breastfeeding is beneficial for you and for the health of your baby. Services are offered by your Care Coordinator on a one-on-one basis and tailored to your needs.

- Learning techniques for successful and enjoyable breastfeeding
- Helping answer questions and concerns about breastfeeding
- Providing you with breastfeeding support and encouragement
- Understanding how breastfeeding benefits you and your baby



### Parenting Education and Support:

Empower yourself and your family with information on supporting healthy growth and development for your baby. Services are provided to you and your family during personal visits with your Care Coordinator.

- Preparing for your baby to come home
- Taking care of your new baby
- Understanding the growth and development of your baby
- Learning new ways to play and connect with your baby

### Tobacco Free

#### Education and Support:

Quitting smoking is one of the best things you can do for your baby and yourself. Quitting means you will have a healthier baby and be a healthier mom. Services are available to you, your partner and family members to create a smoke free environment for your baby.

- Quitting smoking during pregnancy to reduce your baby's risks for being born too early and too small
- Making your home smoke-free to reduce your baby's risks for colds and Sudden Infant Death Syndrome (SIDS)
- Removing nicotine from your body to help increase your breast milk supply and reduce your baby's fussiness

### Women's Health

#### Education and Support:

A woman's health plays an important role in the health of her future baby. Services are available to help you be healthy between the end of one pregnancy and the beginning of the next.

- Planning for future pregnancies
- Taking care of yourself after the birth of your baby
- Making healthy lifestyle choices for you and your family

