



# MECSH<sup>®</sup>

Maternal Early Childhood  
Sustained Home-visiting



## What is MECSH?

- A home visiting program that provides a Personal Nurse to support you and your family throughout pregnancy and after your baby is born.
- MECSH is always provided at no cost to you and is voluntary. If you choose to participate you can change your mind at any time.
- Your Nurse will support you to identify and plan for the needs of you, your growing baby, and your family.



*"I had a high risk pregnancy and stress following the birth. As a first time mother it's been great to have the knowledge they provide and someone I can ask, other than my doctors, about the smaller things. My nurse has also been helpful about making sure I had all the resources I need to be a successful mother to my son."*

- Quote from a MECSH USA Mom



## What should I expect?

- Visits usually start during pregnancy or soon after you bring your baby home. Visits continue until your child turns 2 years old.
- After your baby comes home, your Nurse will visit weekly for 6 weeks and over time the visits are spaced further apart.
- At each visit you will be able to talk with your Nurse about how you and your baby are doing.
- Your Nurse will share information on caring for and bonding with your baby and playing and talking with your baby to help them grow and learn.
- Visits will usually last about an hour.



*Families living in Benton, Sherburne,  
Stearns, or Wright Counties can call  
763-276-0441 or visit  
[www.firststepscentralmn.org](http://www.firststepscentralmn.org)  
to learn more!*