



## **We Are Here To Support You During Your Pregnancy and After Your Baby Is Born**

**Who we are:** Your home visiting team – nurse, social worker, mental health therapist, peer support specialist and parent educator.

### **What can my home visitor do for me?**

- Inform you on what to expect during pregnancy and after delivery through baby's first years.
- Guide on insurance, choose a doctor and provide nursing support to address specific health needs.
- Support the handling of problems and stress to help you be the best mom you can be.
- Connect you with available resources (food, housing and education).
- Assist with getting infant supplies, WIC information, dental care, rides to your providers (Medical Assistance Transportation) and other services.

**Where do we meet?** We will meet you at home or anywhere you feel comfortable and safe.

**How often do we meet?** You and your home visitor will decide based on your needs. We are flexible and here to support you. Home visiting services are voluntary.

### **How do I get enrolled in the Healthy Start Program?**

- Refer yourself, or a family member can call.
- Ask your school nurse or guidance counselor.
- Your prenatal doctor, nurse midwife or pediatrician may refer you.

**How can I learn more about the  
Healthy Start Program? Call 410-222-7177.**

**The Healthy Start Program is a free home visiting service provided by the Anne Arundel County Department of Health for pregnant women, postpartum women and children up to two years of age.**

[www.AAHealthyBabies.org](http://www.AAHealthyBabies.org)



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