

Mother's Name _____ Date of Birth _____
 Address _____ City _____ Zip _____
 I prefer to be contacted by: Phone Text E-mail Mail
 Phone # (____) _____ E-mail Address _____

Hospital _____ Baby's Due Date / Date of Birth _____
 Check all that apply:

- I would like a **Community Resource Consultation**.
- I would like to schedule a **Prenatal and/or Postpartum Newborn Home Visit**.
- I would like more information about the **Maternal and Infant Office Visits**.
- I would like more information about the **Home Visiting Program**.
- I would like more information about the **Becoming a Mom classes**.



Becoming a Mom® Sessions

Six easy to follow prenatal classes with hands on learning for a healthy pregnancy and baby.



Earn FREE gifts!



By attending more sessions you can choose a bigger gift such as:



Photos presented may not reflect actual item

This program utilizes the March of Dimes Becoming a Mom®/ Comenzado bien curriculum and is supported by the Kansas Department of Health & Environment and March of Dimes.

Health Department Campus

Family & Child Resource Center
 2101 Claflin Rd, Manhattan



Programs Service Hours

Maternal & Child Health

Mon-Wed: 8:00 am - 5:00 pm
 Thurs: 8:00 am - 7:00 pm
 Fri: 8:00 am - 3:00 pm

Public Health Clinic

Mon-Wed: 8:00 am - 4:30 pm
 Thurs: 9:00 am - 6:30 pm
 Fri: 8:00 am - 2:30 pm
 Appointments Only

Administrative Office

Mon-Fri: 8:00 am - 5:00 pm

Phone

(785) 776 - 4779 ext. 7621



Public Health
 Prevent. Promote. Protect.

Maternal & Child Health

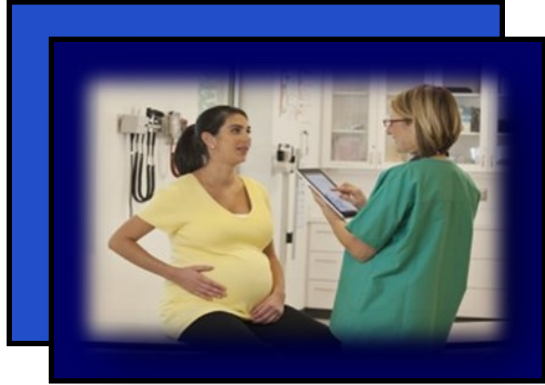


Our Mission

To promote and protect the health and safety of our community through evidence-based practices, prevention and education.

Maternal and Infant

In office program that helps improve the health and well-being of women and infants.



During Pregnancy

- ▶ Monthly visits with nurse include:
 - Fetal Heart Tones
 - Blood Pressure Check
 - Weight Check
- ▶ Research-based education on nutrition, fetal development, breastfeeding, and home safety
- ▶ Becoming a Mom sessions

After Delivery

- ▶ Newborn education up to child's first birthday
- ▶ Developmental screenings
- ▶ Weight checks for baby and mom
- ▶ Breast & bottle feeding guidance
- ▶ Mother's well being

Our Program

Newborn Home Visits

A home visit to new Mothers and their newborns after they come home from the hospital.



During Visit Mom Receives

- ▶ Breastfeeding assistance from a Certified Lactation Counselor
- ▶ A weight check for baby
- ▶ "The New Mom's Handbook"
- ▶ Information about:
 - Early Childhood Education
 - Safe Sleep
 - Child Proofing
 - Car Seat Safety
 - Child Development

Home Visiting

Open to pregnant women and families with children ages 0-5 years.



During the Visit

- ▶ Developmental Screenings
- ▶ Family Strengthening
- ▶ Socialization Activities
- ▶ Education that includes:
 - Basic Care
 - Social & Emotional Development
 - Cues & Communication
 - Physical & Brain Development
 - Play & Stimulation

Don't forget to ask about our community resource consultation.

To: Family Child Resource Center
2101 Claflin Road.
Manhattan, KS, 66502