

More resources

Family Health Line staff can answer questions about prenatal care, infant health care, family planning, and drug and alcohol use. Staff speak English, Spanish and Creole. Calls are private and free.

Call 1-800-451-2229.

If your child has special health care needs, the **Florida Directory of Early Childhood Services** offers information and referrals.

Call 1-800-654-4440.

Abuse affects many families. If someone is hurting you, **shelter, counseling and legal help** are available.

Call 1-800-500-1119.

WIC offers pregnant and breastfeeding women, infants and children healthy foods and nutrition counseling.

Call 1-800-342-3556.



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SMMC Contract Manager

*Spanish and other language versions of approved materials are deemed approved provided they are exact translations.

If you want to know more about Healthy Start, talk with your health care provider or call your local Healthy Start Program:

Or call your local Healthy Start Coalition:



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Healthy Start Infant Risk Screening



Have a newborn baby?

Yes

Live in Florida?

Yes

Then ask your doctor, nurse, hospital staff, birthing center staff or midwife for a Healthy Start Infant Screen.

There is no cost for the screening or program services.

You want to help your baby grow up healthy and strong, Healthy Start can help.



What is a Healthy Start Infant Risk Screen?

The Healthy Start Infant Risk Screen is a set of questions that help you find out if there is anything about you or your baby at birth that could affect your baby's health and life.

The answers to a Healthy Start Infant Risk Screen are **private** and will only be used to help you and your baby have the best possible care.



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Why should you complete a Healthy Start Infant Risk Screen?

Any woman can have a baby that is born too small or too early. **Tamara Zanders**

Saying "Yes" to the Healthy Start Infant Risk Screen helps in gathering information that can make health care better for all of Florida's moms and babies.

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Services will be offered to you based on the results of your baby's screen. Whether or not you and your baby receive services is your choice.

If you say "Yes" to being contacted by Healthy Start, someone from the program will get in touch with you. They will explain the screening results and answer your questions. You both will decide what you and your baby need and find services in your area.

Healthy Start Program Services may include:

- Parenting education and support
- Breastfeeding education and support
- Checking child growth and development
- Help to reduce stress
- Help to quit smoking
- Ideas for eating healthy
- Information about how to plan and time any future pregnancies for better health
- Links to other services in the community

What you do will make a big difference in how your baby will grow and develop.

Be sure to:

- Breastfeed your baby as long as possible.
- Eat foods that are good for you and your baby.
- Keep from drinking alcohol, smoking cigarettes and using drugs or tobacco.
- Read to your baby.
- Take your baby to get Baby Shots to help keep your baby safe from disease and cut down on sick visits to the doctor.
- Always put your baby to sleep on his or her back.
- Wait at least two years after your baby is born before getting pregnant again. This is healthier for you and your baby.

Every baby deserves a healthy start!