Healthy Start SERVICES

- Assistance in Finding a Doctor
- Childbirth Education
- Nutrition Education
- Breastfeeding Education & Support
- Help to Quit Smoking
- Baby Care Instruction
- Parenting Assistance
- Family Planning
- Emotional Support
- Connections to Other Community Resources
- Car Seat Safety Classes

Healthy Start Services are **FREE!**

Healthy Start helps reduce health care costs

Money spent to prevent poor birth outcomes saves **Money** in future health care costs.

For FREE Healthy Start Care Coordination services call:

Okaloosa County
Chautauqua Healthcare Services
Crestview: 850-683-5002

Walton County
Walton County Health Department
850-892-8015 (ext# 1178)

Healthy Start Coalition of Okaloosa & Walton Counties
850-833-9284

Agency for Health Care Administration

Like Us on Facebook!
www.healthystartokawalton.org

Healthy Start
Okaloosa-Walton

Providing support for pregnant women and their babies.

Okaloosa & Walton Counties welcome 3,500 babies each year... all of them deserve a Healthy Start!

www.healthystartokawalton.org

Supporting the quality of life for women before, during & after pregnancy.

Healthy Start
Okaloosa-Walton

Every baby deserves a healthy start.

Things you can do to help your baby have a ***Healthy Start****...*

- **Eat well balanced meals**
- **Get early prenatal care**
- **Take prenatal vitamins**
- **Stop smoking**
- **Avoid alcohol & drugs**
- **Engage in low impact exercise**
- **Visit your dentist**
- **Plan 18 months between pregnancies**
- **Cut back on caffeine**

Prevent Sudden Infant Death Syndrome

- Always put baby on his or her back to sleep
- Baby should always sleep alone in crib or bassinet
- Keep soft objects, toys, crib bumper pads and loose bedding out of crib
- Don't smoke around your baby
- Do not let your baby get too hot during sleep

**SIDS is the leading cause of death in babies 1 month to 1 year of age.*

**Most SIDS deaths happen when babies are between 1 month & 4 months of age.*

**If you bring your baby into your bed to breastfeed, make sure to put him or her back in a separate sleep area.*

*U.S. Dept. of Health and Human Development.

Remember - Babies sleep safest Alone, on their Backs , in a Crib.

CONGRATULATIONS ON BECOMING A MOTHER!

Healthy Start services are based on risk factors, not income. A Healthy Start screening, which is a simple set of questions, determines if a woman and/or her baby could benefit from Healthy Start Services.

Say YES to the Healthy Start Screen

Babies are an amazing gift. Enjoy yours!