

# You've got this!

*But you don't have to do it alone.*

## ➤ Baby & Me - Tobacco Free

**Our Baby & Me -Tobacco Free program works with pregnant moms and their families to promote a smoke-free life.** Smoking while pregnant can lead to preterm birth, low birth weight, and developmental complications. Licensed facilitators encourage safe habits, offer support, and gift diaper and wipe vouchers to participants each month they are tobacco free.

## ➤ Cribs for Kids

**Our Cribs for Kids program provides safe sleep education to families.** Unsafe sleep is one of the leading causing of infant mortality. Cribs for Kids provides education as well as cribette if there is not already a safe place in the home for baby to sleep.

## ➤ DadUp

**Our DadUp program incorporates evidence-based curriculum, one-on-one education, and group interaction to educate our community's dads and father figures.** This fatherhood initiative aims to equip men with the knowledge and resources needed to be an active part of the pregnancy journey and beyond.

## ➤ Healthy Start

**Our Healthy Start home visitation program matches experienced case managers with at-risk moms in Allen and Noble counties.** Through bi-weekly and monthly education and support, our case managers help our moms have successful pregnancies and support their babies until the baby turns 18 months old. In addition to education and support, we connect families to community resources even after they graduate.

An advocate from Healthier Moms and Babies will walk side by side with your family during pregnancy and after birth. They will give you support and information your family needs. Below is a list of the programs we offer.

## ➤ Maternal Mental Health

**The Maternal Mental Health program provides direct diagnostic services and assessment, counseling and psychotherapy, facilitates groups to support mental health, and phone outreach and psychoeducation as needed.** All services are aimed to help pregnant women and postpartum women experiencing perinatal mood disorders, such as, depression, anxiety and OCD. This program also provides care coordination for women with medical providers.

## ➤ Nurse Family Partnership

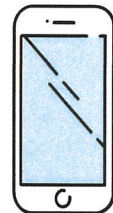
**Our Nurse Family Partnership home visitation program pairs registered nurses with high risk, first time moms.** Their monthly and bimonthly visits begin prenatally and continue until baby turns two years old, monitoring prenatal, infant, and toddler milestones to support and educate mom.

## ➤ Own Your Journey

**Our Own Your Journey program encourages women in all walks of life to prioritize their wellness so they can lead a successful and healthy life.** The wellness program focuses on helping women become healthy mind, body, and spirit before having a baby. Helping women and men become healthy before having a baby is one of the best interventions to prevent infant mortality and improve birth outcomes and a national best practice.



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