

MOMS & BABIES FIRST

Healthy Tips for Pregnant Moms



ABOUT US

- Moms & Babies First is a family centered voluntary service for eligible African American pregnant women in Butler County.
- We offer confidential services.
- Our program helps women obtain the prenatal care they need to deliver healthy babies.
- Our Certified Community Health Workers make scheduled home visits that begin during pregnancy and continue until the child reaches age one.
- We provide health education, life skills training, referrals to community resources, and we help women to make positive choices for themselves and their children.



- ❁ Receive early prenatal care.
- ❁ Eat a healthy diet with lots of fruits and vegetables.
- ❁ Take a prenatal vitamin that contains folic acid each day.
- ❁ Floss and brush your teeth to reduce bacteria in your mouth. See your dentist at least once during your pregnancy.
- ❁ Wear your seatbelt below your belly across your lap. The shoulder harness should go across your chest, not under your arm.
- ❁ Never take medications or drugs without checking with your doctor first.
- ❁ Say “no” to beer, wine coolers, and liquor.
- ❁ Quit smoking or at least cut down.
- ❁ Avoid caffeine. Do not drink excessive amounts of sodas, tea, or coffee. Instead drink plenty of water.
- ❁ Keep stress and stressful situations to a minimum.



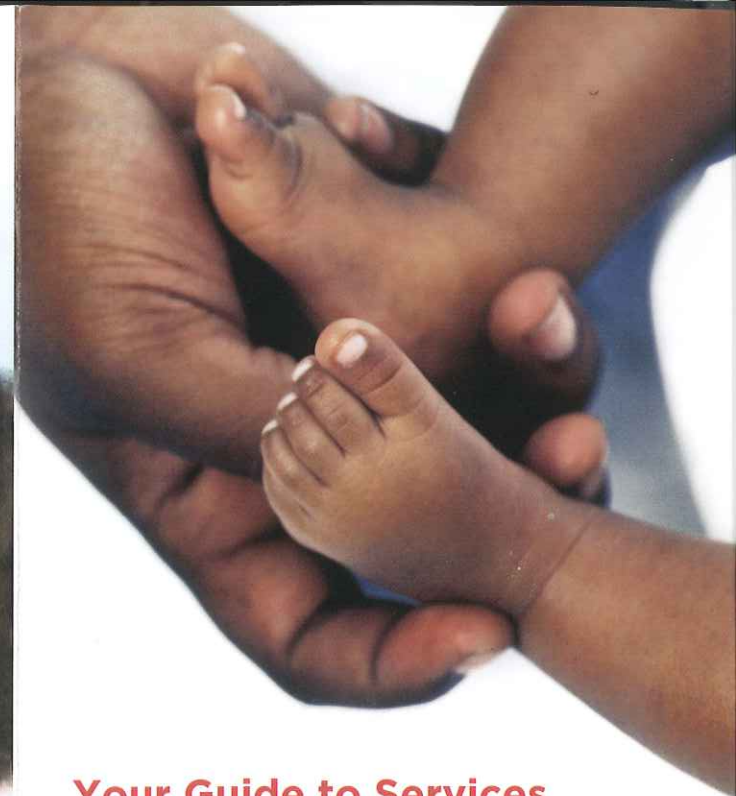
MOMS & BABIES FIRST PROGRAM GOALS

Achieve optimal pregnancy outcomes and help ensure children thrive throughout the first year of life by:

- Decreasing African American maternal and infant mortality.
- Improving African American maternal, infant, and family health.
- Reducing health disparities in the African American community.



MOMS & BABIES FIRST
Ohio's Black Infant Vitality Program



**Your Guide to Services
for You and Your Baby**

For more information about the program or to make a referral, call the Butler County Health Department at

513.887.5249

**301 S. Third Street
Hamilton, Ohio 45011**

Funded by Ohio Department of Health/
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Early Childhood Home Visiting



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