

DO YOU HAVE  
QUESTIONS ABOUT  
YOUR PREGNANCY?  
ABOUT YOUR LABOR  
AND DELIVERY? DO  
YOU WANT SOMEONE  
TO TALK TO?

*Having a baby will change  
your life forever! What an excit-  
ing time! With each and every  
passing day you are closer to  
seeing the face of your beautiful  
baby. The First Steps program  
is here to answer your ques-  
tions, to provide support and to  
share in your excitement!*



## First Steps Home Visiting Program



The First Steps program  
is designed to give you  
support through your  
pregnancy and your  
baby's first year of life.





Eliza Seavey is the First Steps home visitor. She has been working for Families First since 2005, and has worked with more than 70 families in the First Steps Program. Eliza is a friendly and laid-back person who has knowledge in many areas including childbirth and child development. She is part of the Families First Prenatal Team.

# Tell me more!

The First Steps Program has helped many women and families over the years! If you enroll in the First Steps Program there are many benefits to you and your family.

Home Visitors can:

- Tell you about the growth and development of your baby
- Refer you to other organizations to help with things such as childcare, breastfeeding, transportation, and medications.
- Do developmental screenings with your baby
- Help you prepare for the birth and arrival of your baby
- Answer your questions
- Help you apply for Medicaid, housing, TANF, and other services

If you are interested in the First Steps Program, or have any questions about it, please call Marcy at x142 or Eliza at x148. Both will be happy to help!



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