

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!*



**Families First**

*support for families...health care for all*

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## 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 and Melodie Evans are the First Steps home visitors. They are friendly and knowledgeable and will work with you to develop a plan that is specific to your family's needs. Along with Marcy Borak, Dolly Waters, Sharon Dubois-Carney, Jackie Thompson and Margery Prazar, they are 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 programs that help with adjusting to life with your baby, postpartum depression, breastfeeding, childcare and transportation.
- Do developmental screenings with your baby
- Help you prepare for the birth and arrival of your baby, including home safety checks
- Answer your questions
- Help you apply for Medicaid, housing, TANF, medication assistance and other services

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



## Families First

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