

Healthy Start
can help you
have a healthy
pregnancy, baby
and family!



Healthy Start provides free services for pregnant women and families with children up to age 3. Be sure to ask your nurse, doctor or midwife for the Healthy Start screen to see if you and your baby could benefit from our services. Or call the Healthy Start office in your county today!



Call the Healthy Start office in
your county or visit us online.



Central Healthy Start | Healthy Start of North Central Florida

www.CentralHealthyStart.org

Citrus County
352-513-6078

Hernando County
352-848-3977

Lake County
352-314-6933

Sumter County
352-569-2998

www.HealthyStartNCF.org

Alachua County
352-337-1200

Bradford County
904-964-7732

Columbia County
386-758-1065

Dixie County
352-498-1360

Gilchrist County
352-463-3120

Hamilton County
386-234-0560

Lafayette County
386-294-1321

Levy County
352-486-5300

Marion County
352-644-2717

Putnam County
386-326-7391

Suwannee County
386-362-2708

Union County
386-496-3211

Follow us:



Sponsored by:



Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606
An Affiliate Partner of WellFlorida Council



EVERY BABY DESERVES A
Healthy Start

CHILDBIRTH EDUCATION

- Understand changes to your body and emotions during pregnancy
- Prepare for labor and delivery
- Learn breathing and relaxation exercises
- Care for the health of you and your baby

NEWBORN CARE

- Take care of your new baby
- Keep baby safe with the latest safety guidelines on sleep, car seats and more
- Learn about infant nutrition
- Know what to expect with baby's growth and development

BREASTFEEDING EDUCATION AND SUPPORT

- Learn techniques for successful and enjoyable breastfeeding
- Get answers to your questions and concerns about breastfeeding
- Understand how breastfeeding benefits you and your baby

PARENTING EDUCATION AND SUPPORT

- Prepare for your baby to come home
- Take care of your new baby
- Understand the growth and development of your baby
- Learn new ways to play and connect with your baby

TOBACCO EDUCATION AND SUPPORT

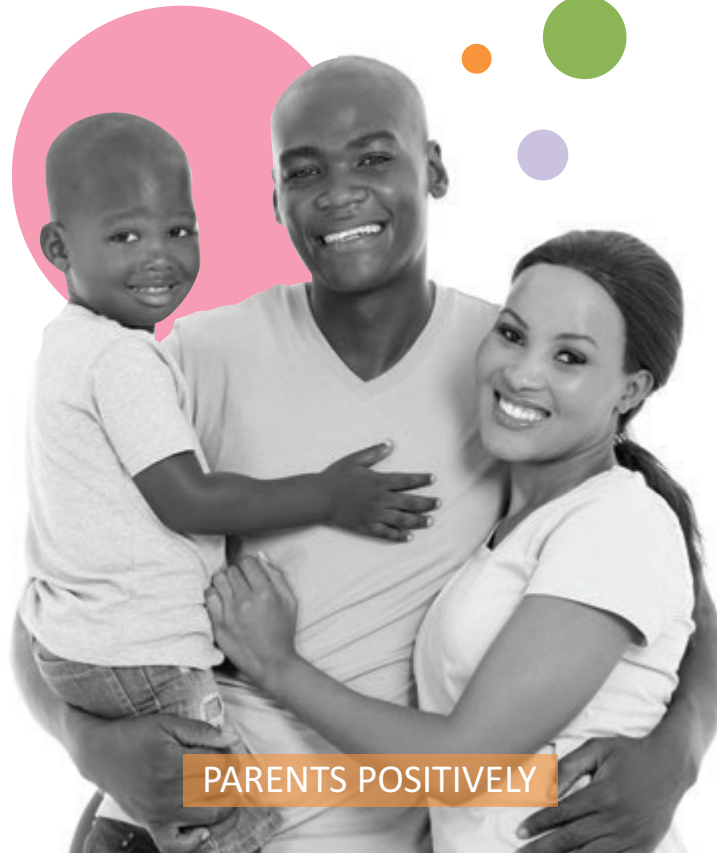
- Get help to quit smoking
- Create a smoke free environment for your baby—services are available to you, your partner and family

HEALTH AND WELL-BEING

- Plan for future pregnancies
- Make healthy lifestyle choices for you and your family
- Gain access to resources for your family
- Get support for feeling anxious, stressed or having the "Baby Blues"



KNOWS WHAT TO EXPECT



PARENTS POSITIVELY



QUIT SMOKING