



## ATCAA Early Head Start's Free Program for Pregnant Women



A healthy pregnancy is crucial for a child's growth and development. Early Head Start programs provide early and ongoing supports and services that offer the best chances for: healthy pregnancies and positive childbirth outcomes; supportive care for parents and child after delivery; fathers to be fully involved in the lives of their children; enhancing parent-child attachment; and parents to develop as nurturing and responsive caregivers.

Early Head Start home-based programs provide weekly home visits with experienced home visitors to help pregnant women access comprehensive prenatal and postpartum care including:

- Early and continuing risk assessments, including nutritional assessments, as well as nutrition counseling and food assistance if necessary
- Health promotion and treatment, including medical and dental examinations on a schedule deemed appropriate by the attending health care providers as early in the pregnancy as possible
- Mental health interventions and follow-up, including substance abuse prevention and treatment services, as needed
- Prenatal education on fetal development, labor and delivery, and postpartum recovery (including maternal depression)
- Information on the benefits of breastfeeding to all pregnant and nursing mothers

For more information please ATCAA Early Childhood Services at 533-0361.

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