



# Give you baby a Healthy Start

Centerstone Healthy Start offers a collection of grant-funded services designed specifically for pregnant women, their partners, families with infants and anyone thinking about getting pregnant. These evidence-based services are delivered by dedicated professionals with the goal of strengthening families physically, mentally and emotionally.

## Health Education

- Provide information to improve the health and well-being of families before, during and after pregnancy
- Infant safety, parenting classes, breastfeeding support and smoking cessation

## Case Management

- One-on-one support for pregnant women from birth until the child is 18 months old
- Provide in-home services when needed
- Information and referrals for community and medical resources
- Support and resources for fathers

## Outreach

- Increase community awareness about problems and solutions regarding infant health
- Encourage women to get care as soon as they know they are pregnant
- Linkage to addiction related services

## Counties Served

Fayette - Henry - Jackson - Jefferson - Rush - Scott - Union - Wayne



Continued





## A few things that will help keep you and your baby safe and healthy:

### Safe Sleep ABC's

- Alone: Room sharing is better than bed sharing
- Back: Babies are safest sleeping on their backs
- Crib: A safe crib is one without fluffy bedding, toys or bumper pads

### Life Stressors

- Identify stressors
- Find support
- Ask for help as needed
- You're not alone and help is available

### Breast is Best!

- Breast milk is free
- Breastfed babies have fewer illnesses than formula fed babies
- Studies show that breastfeeding may reduce the risk of uterine, cervical, ovarian and breast cancers

### Plan for Pregnancy

- Know your partner and build a healthy relationship
- Prepare your body by taking a daily vitamin with folic acid to reduce the baby's risk of birth defects
- You are important; see the doctor for your annual checkup
- Proper spacing between pregnancies can increase your chances of having a healthy baby

## For additional information and appointments

Telephone: (765) 983-8101 | Fax: (765) 983-8019 | 24 Hour Crisis Line: (800) 832-5442

Email: [healthystart@centerstone.org](mailto:healthystart@centerstone.org) | Visit our website: [centerstone.org](http://centerstone.org)

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### About Centerstone

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.