



CENTERSTONE

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Give your 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 | Visit our website: www.centerstone.org

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About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral healthcare through research and technology, and our foundation secures philanthropic resources to support our work. For more information, visit centerstone.org.