

How things start can last a lifetime. Especially with a newborn's health.

ABOUT THE PROGRAM

Many Champaign-Urbana groups support younger women. Still, it's not always easy to know where to turn and what to do when you're pregnant. Turn to the Healthy Beginnings program that is bringing the Nurse Family Partnership program to the community. Similar program models have had a lot of success already.

You'll meet with an experienced nurse you can trust, before and after your baby is born. Every 1-3 weeks, you'll meet with a nurse right in the comfort of your home. That's where building your relationship with the nurse starts. But it's not where it ends.

You and the nurse will team up for at least your baby's first two years to help bring together community, health and education where you need it. Together, you'll build a healthy environment and watch your baby grow.

“Our program strives to bring nursing support services into the home when mom and families need us the most. We look forward to partnering with you by bringing services right to your front door.”

—Jonathan Woods, Director Healthy Beginnings | Community Health Initiatives

WHO CAN PARTICIPATE

The program is free. It's for moms in the Champaign-Urbana area who are less than 28 weeks pregnant and meet some additional requirements. Healthy Beginnings is about building an ongoing relationship with a nurse you can trust. Our goal is to help you create a positive life for your family.

HEALTHY BEGINNINGS PROGRAM GOALS:

- Healthy food choices for you and your family
- A solid plan for when your baby arrives
- Support and info for the whole family
- Goals to set up you and your family for a positive future
- A supportive relationship for your child's strong start
- Networking with local community resources to assist families

HOW TO SIGN UP

To join the program or refer someone to be contacted by a Healthy Beginnings nurse, call (217) 365-7925 or visit cuhealthybeginnings.com.





Being a mom
isn't easy, we
get that.

We can help.



Healthy Beginnings is a program created in partnership with the Nurse-Family Partnership®, a community health program that provides information, support and specialized training to first-time mothers in need.

