

**Mission:**

To protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.



**Ron DeSantis**  
Governor

**Joseph A. Ladapo, MD, PhD**  
State Surgeon General

**Vision:** To be the **Healthiest State** in the Nation

## EVERY BABY DESERVES A HEALTHY START

- A monthly home visiting program (or at a location you are comfortable with) available to any pregnant women and families, which include grandparents or foster parent with infants and children under three years of age.
- It is a FREE and VOLUNTARY, with NO **financial** information is asked or considered to receive services. We are NOT Department of Children and Families (DCF)! You can enter and leave the program until the qualifications can no longer be met.

- Services we provide:

### Prenatal Education and Support

- Nutrition
- Childbirth
- Newborn Care
- Breastfeeding Education
- Fetal Development and Growth
- Infant Safety
- Quit Smoking Support
- Emotional Health

### Parenting Education and Support

- Nutrition
- Newborn Care
- Breastfeeding Support
- Family Planning
- Infant Safety
- Home Safety
- Quit Smoking Support
- Child Growth and Development
- Emotional Health

- Referrals** to local partners.
- Service Guide:** Where to find assistance in Citrus County.
- Inter-Conceptional Care** available for Mom's who has had child removed, adoption, or loss for up to 18 months Postpartum.
- Pack-n-Play** and Safe Sleep Bag of goodies available after completion of Safe Sleep Education while enrolled in Healthy Start Program.
- Car seats** available to Healthy Start Program participants, one seat per client! When we distribute car seats a vehicle needs to be available to educate on car seat passenger training and installation.
- Some Incentive items (while supplies last)** are available to Healthy Start program participants:

- |                     |                            |                              |
|---------------------|----------------------------|------------------------------|
| ○ Diapers           | ○ Children Books           | ○ Oral Thermometers          |
| ○ Highchairs        | ○ Bath Thermometers        | ○ Children Puzzles           |
| ○ Strollers         | ○ Breastfeeding Pads       | ○ Baby Bags (Toiletry items) |
| ○ Home Safety Items | ○ Miscellaneous Baby Items |                              |

If you have any further questions, or want to enroll in our Healthy Start program, please feel free to call **Brenda McNabb @ (352) 513-6123** or **Kaitlin Brunk @ (352) 513-6087**.

Thank you for your interest in our Healthy Start Program.



Contact  
your local  
Healthy Start  
today!



### Florida Department of Health in Citrus County

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**FloridaHealth.gov**



**Accredited Health Department**  
Public Health Accreditation Board