

Healthy Start

Supporting Parents from Pregnancy to Age 3

What is Healthy Start?

We offer **overall parental support** from conception until your child turns **age 3**.

Who Qualifies?

- Anyone who is **pregnant**
- Anyone with an **infant or child under age 3** in their care

Cost

- **FREE Program**
- **No financial requirement for eligibility**

What We Offer

- **Prenatal & Parenting Education**
- **Incentive Items (while supplies last):**
 - Diapers & Wipes
 - Highchairs & Strollers
 - Pack n' Play for Safe Sleep
 - Car Seat (with education & installation)
 - Car Seat Inspections
 - Children's Books
 - Breastfeeding & Feeding Supplies
 - Home Safety Items
 - Toys to enhance motor skills
 - Baby Care Items (diapers bags, lotion, soap, etc.)

Referrals

- Early Steps
- Mental Health Services
- Substance Use Support
- Quit Smoking Programs

Service Guide

- Guide to finding other agencies & Resources in the County

Prenatal Education and Support

- Get one-on-one customized support for you and your baby in your home or another convenient location.
- Receive support from a trained and friendly professional throughout your pregnancy.
- Understand changes to your body and emotions during pregnancy.
- Learn what to expect during labor and delivery.
- Get information on food, medicine, and exercise that can help or harm you and your baby.
- Learn the warning signs of early delivery.
- Prepare for your baby to come home.

Free Screening and Services

- Get screened for problems common to pregnant women and new families.
- Find the care you need through one-on-one talks with a skilled care coordinator.
- Learn skills to reduce everyday stress and anxiety.
- Track and support your baby's development.

Parenting Education and Support

- Learn to take care of your new baby.
- Learn about how your baby grows and develops.
- Learn how to keep you and your baby safe and healthy.

Community Resources

- Get help with finding prenatal and pediatric health care.
- Learn about resources and services available in your community.
- Understand pregnancy Medicaid benefits—Healthy Start will walk you through it.
- Access support groups and classes.

Health and Well-being

- Plan for future pregnancies.
- Learn about forms of contraception.
- Connect to training, education, childcare, and other resources to support a growing family.

Fatherhood Support

- Learn parenting and co-parenting strategies.
- Understand child development.
- Develop healthy family and community relationships.
- Learn how to become effective listeners and communicators.
- Learn approaches to personal development.



Scan the QR Code to start the enrollment process. Having trouble? Call 877-678-WELL (6555) or Text "CONNECT" to 352-415-0091.



*Please indicate that you want
Healthy Start!*



Baby & Me GROUP

Now Twice A Week!

**EVERY WEDNESDAY
11 A.M. – 12:30 P.M.**

**EVERY THURSDAY
5:30 P.M. – 7 P.M.**



**Florida Department of Health
in Citrus County**
Lecanto Meeting Room

3700 West Sovereign Path
Lecanto, FL 34461

**FOR MORE INFORMATION,
CALL 352-513-6060.**

This institution is an equal opportunity provider.



Florida Department of Health in Citrus County

Online Breastfeeding Class



Join us for a **FREE** one-hour breastfeeding education class for pregnant mothers. Have all your infant feeding questions answered in a live discussion at the end of class.



**First Wednesday
of every month
7–8 p.m.**



**Third Tuesday
of every month
1:30–2:30 p.m.**



**Clase en Español
Cada segundo
martes de cada
mes
1:30–2:30 p.m.**



**Scan to sign up for
our FREE class!**

**For more
information, call
352–513–6060.**

**Florida
HEALTH**

This institution is an equal opportunity provider.