



# HEALTHY BEGINNINGS

## Maternal and Child Health Program

### Services Provided

#### Prenatal Care

- Home visiting and case management
- Support high-risk pregnancy management
- Genetic counseling referrals and education
- Prenatal and postpartum education

#### Postpartum Care

- Newborn assessments
- Mental health resource navigation
- Breastfeeding support
- Safe sleep education

#### Child Health and Development

- Encourage immunizations
- Growth and developmental screenings

#### Special Programs

- LGBTQIA+ pregnancy support
- Referrals (social services, specialized care)
- Every Mother Every Child resources for before, during and after pregnancy

### Home Visits

At each home visit, our registered public health nurses will:

- provide case management: care coordination and clinical follow-up
- assess your baby's growth and development
- provide nutrition and feeding guidance
- provide perinatal care and education
- provide vaccine education
- promote immunization adherence
- facilitate wraparound access to social services (housing, food, transportation)

### For more information

To learn more about our program, email: [HealthyBeginnings@cookcountyhhs.org](mailto:HealthyBeginnings@cookcountyhhs.org).

Scan the QR code to complete the referral form to enroll in our program.



Cook County DEPT. of  
**Public Health**  
A division of Cook County Health

**BUILDING  
HEALTHIER  
COMMUNITIES**

# HEALTHY BEGINNINGS START WITH US.



Healthy Beginnings is a comprehensive maternal and child health program serving birthing individuals and infants up to 12 months old throughout suburban Cook County.

Our mission is to reduce maternal and infant morbidity and mortality by providing coordinated case management, resource connection, and high-quality, respectful, home-based care.

Our compassionate and knowledgeable nurse-led team offers personalized support before, during, and after pregnancy helping every birthing individual, infant, and family achieve a healthy beginning.

## **Our program aims to:**

- **Reduce** maternal and infant morbidity and mortality through case management
- **Connect** and coordinate resources, and
- **Deliver** respectful, high-quality home-based care

## **Additional Program Services**

- **Public health surveillance:** Perinatal Hepatitis B, Congenital syphilis, and Sexually Transmitted Infection management
- **Genetic Program:** education and referrals

## **Why Maternal & Child Health Matters**

A healthy pregnancy and early childhood lay the foundation for a healthy beginning.

By supporting mothers and children, we:

- Help reduce maternal and infant mortality
- Promote healthy child development
- Strengthen families and communities

## **Maternal & Child Health Resources**

Everyone can play a role in preventing pregnancy-related deaths and improving maternal health outcomes. Visit our [everymothereverychild.org](https://www.everymothereverychild.org) website for information for every stage of pregnancy.

*We are a trusted partner, caring for mothers, babies, and families, ensuring healthy beginnings.*