



# Give Your Baby a Healthy Start!

*Because Babies don't come with an instruction book!*

Having your first child brings big changes in your life. Healthy Start is available to **all first-time parents** who are pregnant with or have given birth to their first child within the last three months. The Healthy Start program is voluntary, and it is free! There are no income requirements.



## Healthy Start offers:

- The latest information about how babies grow, develop and learn
- Fun things to do with your baby, such as parent-child play groups
- Information about how to keep you and your baby healthy
- Tips for parents about infant sleep, play, and attachment
- Information about other community resources, like day care, breastfeeding support, and car seat installation
- Healthy Start home visits for some parents and children

If you are interested in hearing more about the Healthy Start program in your community, please complete the information below. Someone from Healthy Start will contact you soon!

- Yes, I am interested** in getting more information about Healthy Start.
- No, I am not interested** in Healthy Start at this time. *Can you please share with us why?*

Your Name: \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Baby's Name: \_\_\_\_\_ Baby's Date of Birth \_\_\_/\_\_\_/\_\_\_

Baby's Gender:  M  F Due Date if Pregnant \_\_\_/\_\_\_/\_\_\_

*Please mail completed form to:*

Oregon Commission on Children and Families, 530 Center St. NE #405, Salem, OR 97301

*OR Fax to: 503-378-8395*

*OR Call 503-378-5120 to learn more about Healthy Start services.*

*Healthy Start's mission: "to promote and support positive parenting and healthy growth and development for all Oregon parents and their first-born children"*

Referral Source: \_\_\_\_\_ Date Rec'd: \_\_\_\_\_ Services: IHV WB Packet Refusal UTC NBQ: Y N Consent: Y N