

Get Connected To The Better Birth Outcomes Program Today By Visiting www.wchd.org Or Calling 815-720-4000

Winnebago County Health Department provides numerous programs focused on wellness promotion for each stage of life

Other WCHD Services for Moms:

APORS (Adverse Pregnancy Outcomes Reporting System) Program

- Regular visits with a registered nurse after your baby is born and up to the age of 2 years old to assure mom and baby are healthy

igrow Program

- Connects to support services that work directly with you and your child for:
 - Pregnant women
 - Parents of children up to 3 years old

WIC (Womens, Infants, and Children) Program

- Supplemental nutrition program for:
 - Pregnant women
 - Breastfeeding women
 - Infants
 - Children up to age 5

Contact Us:

Winnebago County Health Department
555 North Court Street
Rockford, Illinois 61103
815-720-4000
www.wchd.org

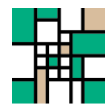


Pregnant?



Better Birth Outcomes

A WINNEBAGO COUNTY HEALTH DEPARTMENT PROGRAM



Winnebago County

Health Department

Get The Support You Need For A
Healthy You, Healthy Baby

Better Birth Outcomes Provides Expectant Mothers With:

One-on-One Support

- Monthly visits with a registered nurse to assure mom and baby are healthy

Education on Pregnancy & Child Development

- Prenatal Health Education
- Referrals to childbirth and parenting classes



Nutrition for Mom and Baby

- Education for the best nutritional choices
- Help accessing food assistance programs

Health Appointment Scheduling Assistance

- Access to contraceptive services
- Coordination of care with doctors, specialists and other social service agencies



Safe Pregnancy Practices

- Assistance with obtaining referrals for needed baby supplies
- What to avoid while pregnant
- How to properly wear a seatbelt while pregnant

Guidance on Preparing Your Home for Baby

- Identifying possible safety hazards in your home and how to address them
- Guidance on the use of baby gates
- Assuring new parents understand **Safe Sleep** practices and avoid sleeping with their babies in the same bed



www.wchd.org • Get Started Today! • 815-720-4000