

Get Connected To The Better Birth Outcomes Program Today By Visiting [www.wchd.org](http://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](http://www.wchd.org)

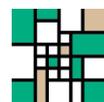


# Pregnant?



## 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](http://www.wchd.org) • Get Started Today! • 815-720-4000