



Pregnancy Education and Support

In-person and virtual programs

For pregnant women, new parents and families



Monthly Home Visitation

During Pregnancy

Our goal is to support families to have healthy babies. Each month beginning in pregnancy, you receive one-on-one prenatal education, resource referral and support provided by a highly trained and bilingual MOMS home visitor under nurse supervision. Your questions and concerns are addressed as you gain knowledge about your pregnancy, health care, childbirth, breastfeeding and more. You will learn about health risks to your pregnancy, how to best take care of yourself, benefits of breastfeeding, signs of depression during pregnancy and postpartum, how to cope with stress, and much, much more. You will also gain access to resources and referrals for your health and well-being, for your baby and your family.

After Delivery

Once your baby is born, your home visitor will help you encourage your baby's health and development and provide information and resources. Continuing through your baby's first birthday, monthly visits include screenings to assess your baby's physical and developmental health, what to do when baby gets sick, supports such as diapers, and much more.

Offered **FREE** in English, Spanish and Vietnamese



Classes and Support groups

Our classes and support groups will prepare and further inform mothers and their partners for the pregnancy journey, childbirth, and parenting. Specialized support groups are available for breastfeeding and the postpartum period. Also, a workshop for new dads helps fathers gain unique support and knowledge. Groups such as Mommy & Me and My Parents & Me teach enjoyable and meaningful activities such as song and play that stimulate your baby's mental and physical growth while providing you with valuable peer support and knowledge.

Spanish Classes include:

- Breastfeeding Support Group
- Postpartum Support Group
- Healthy Woman

English and Spanish:

- Preparing for Postpartum/Motherhood
- Childbirth Preparation Class
- Breastfeeding Education Class
- Mommy & Me Groups for babies 3-5 and 12-17 months
- My Family & Me Groups for babies 6-11 months

For more information and to register, please call at **714.972.2610**
or visit momsorangecounty.org/programs