



Healthy Start can help you and your family stay healthy!

The Healthy Start program supports you when you are pregnant and with your new baby. Our Home Visitors provide help by phone, during home visits, or at a place that works best for you. We are here to meet **YOUR** needs.

Learn more about our free services:
EveryBabyDeservesAHealthyStart.org

How to Sign Up for Healthy Start

Healthcare providers are required to offer the Florida Prenatal Screen and the Florida Infant Screen to pregnant woman and newborns.

If you are not offered these screenings –
ask your doctor!

Are you pregnant or caring for a baby or child under age 3? Call Connect or sign up online at wellfl.info/ConnectReferral.



Connect
877-678-WELL



Healthy Start

Central & North Central
Healthy Start Coalitions

Learn more about Healthy Start:
EveryBabyDeservesAHealthyStart.org

Follow us:  

Healthy Start of North Central Florida

COUNTIES: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

Central Healthy Start

COUNTIES: Citrus, Hernando, Lake, Sumter

ADMINISTRATIVE OFFICE 1785 NW 80th Blvd., Gainesville, FL 32606

An Affiliate Partner of WellFlorida Council



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HEALTHY START MOMCARE NETWORK, INC., and
State of Florida, Agency for Health Care Administration.



Every Baby Deserves a



Healthy Start

Central & North Central
Healthy Start Coalitions

A home visiting program for
pregnant women, dads, and families
with infants and children up to age 3

Home Visiting

- Get one-on-one support in your home or a place that works for you
- Have a mentor while you are pregnant and after your baby is born
- Find help that meets your needs



Friendly Support

Breastfeeding Support

- Get answers to your questions
- Learn the best ways to breastfeed that work for you and your baby
- Understand how breastfeeding is good for you and your baby



Help with Breastfeeding

Keep Baby Healthy



Newborn Care

- Take care of your new baby
- Learn safety tips for sleeping, car seats, and more
- Find out what your baby should eat and drink
- Know how your baby grows and changes



Prepare for Baby

Pregnancy Support

- Learn how your body and mind change during pregnancy
- Get info about what can help or harm you and your baby
- Find out what happens when it is time for your baby to be born
- Learn warning signs that mean you might give birth early

Parenting Help

- Get ready for your baby to come home
- Keep track of how your baby grows
- Be your baby's first teacher
- Learn fun ways to play and bond with your baby

Positive Parenting Skills



Stop Smoking



Health and Well-being

- Plan for your family's future
- Choose healthy habits for you and your family
- Get support for your family
- Find help when you feel anxious, stressed, or sad after having a baby