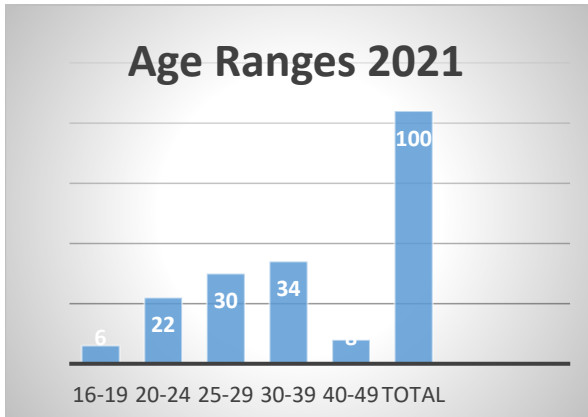


Baby's Head Start

A free community program that offers support to women during pregnancy and the early post-partum period



GOALS

- To provide** education and support to promote a healthy pregnancy and healthy baby.
- To increase** access to healthy food.
- To provide** education on breastfeeding and healthy lifestyle including addiction.
- To provide** information and connection to community resources.
- To normalize** the challenges that come with post partum adjustment.

Groups

	# groups	# attended
Lunch & Learn	47	259
Infant Massage	13	16
Post Partum Connections	64	292
TOTAL	124	567

Increased Diversity:
37% of participants identify from a cultural background other than Caucasian.

Stats

- Healthy Birthweight** (2500-4500 grams) **90%**
- Gestation** (37-40 weeks) **88%**
- Breastfeeding**
 - Initiated at delivery **97%**
 - At exit (6 months post-partum) **79%**
- Nutrition gift cards** (Total amount spent) **\$13,500.**
- Food bags/boxes delivered** **250-300**
- Meals prepared** by BHS for delivery or pickup. **Over 100**

Testimonials

- What worked well** – Open discussion, gift cards, farmers market, food share, classes gave me a lot of info. “Staff and support driving out to see me”. “Such a great resource and beyond helpful.”
- I have increased knowledge in** – Nutrition, pregnancy risks, purple crying, baby’s development, sleep patterns, importance of bonding and communicating with my baby.
- “Given the CoVid circumstances, I felt as though the ladies I was in contact with did a phenomenal job.”**

Doulas for Support

This year Baby’s Head Start received \$20,000 from **Women United** to provide the support of a doula during labor and delivery, as well as postpartum recovery for clients who could benefit from this service.

New Breastfeeding Drop-In offered weekly to BHS clients

Staffed by a lactation consultant, participants receive hands on support 9-12 every Friday for any challenges and/or questions related to breastfeeding.

Farmers Market Coupon Program

Baby’s Head Start received \$16,800. in coupons which increased the amount of fresh local produce clients could add to their diet each week for 16 weeks this summer. These coupons were shared with **the First Steps Program.**