

# HOME VISITATION

# HEALTH EDUCATION



MOMS Orange County mothers and their babies receive monthly home visits during pregnancy and through the baby's first birthday.

**During Pregnancy** the program focuses on increasing the mother's chance of delivering a healthy baby.

**After Birth** the focus is on the baby's healthy development through:

- Establishing a medical home
- Promoting breastfeeding
- Screenings for normal growth and development
- Tracking immunizations

Home visits allow for unique opportunities to observe for health and development risks that can benefit from early interventions.

MOMS Orange County currently offers the following classes:

## Prenatal Education

- Prenatal care and fetal development
- Symptoms of premature labor
- Postpartum care and family planning

## Childbirth Preparation

- Stages of labor
- Anesthesia and medical interventions
- Relaxation exercises, preparing for labor

## Workshop For New Dads (*Taller Para Papas*)

- Understanding pregnancy and childbirth
- Overcoming fears of becoming a dad
- Creating a "father-child" relationship

## Mommy & Me / Mommy, Daddy & Me

- Activities to stimulate early brain development
- Parent-child bonding
- Introducing physical activity

## Breastfeeding Education

- Benefits of breastmilk
- Getting started & common myths
- Weekly support groups

## Gestational Diabetes Prevention & Education

- Healthy nutrition—physical activity
- Reducing the risk for mother and baby

## Childbirth Preparation



## Mommy & Me



## Diabetes Prevention & Education



## Prenatal Education



## Workshop for New Dads



## Breastfeeding Education & Support



## Our Mission

Founded in 1992, the mission of MOMS Orange County is to help mothers and their families have healthy babies by providing health coordination, education, and access to community services.

MOMS Orange County provides access to prenatal care, health screenings, infant development screenings, health education and referral services through monthly home visits and group classes.

MOMS Orange County serves more than 3,500 low-income families annually and has demonstrated through rigorous outside evaluation that its program is not only sound, but is bringing children in a highly disadvantaged population to health and developmental levels that exceed those set by the general population.



## How You Can Help

- Make a tax-deductible financial contribution
- Donate new and gently used baby items
- Organize a diaper or baby clothing drive with your church, school or community group
- Join the Adopt-A-Family program during the holidays
- Volunteer to help with special events or provide clerical support in the office
- Include MOMS Orange County in your estate planning



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Please visit us at

[www.momsorangecounty.org](http://www.momsorangecounty.org)



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