



Thank you for letting us help you have a  
**HEALTHY BABY**

**Just remember, your actions do make a difference.**  
There are many things you can do to keep your  
baby healthy and safe.

## 4 ways to keep your baby healthy

### Get Prenatal Care

It's the best shot at a healthy future for your baby. And you. **Going to the doctor as soon as you find out you're pregnant** is the best way to make sure you and your baby are healthy. Go to all of your doctor visits, even if you feel fine. Lack of prenatal care is one of the factors that can contribute to poor health and birth outcomes for you and your baby. Take folic acid every day before getting pregnant to reduce the risk of certain birth defects.

### No Tobacco, Alcohol or Substance Abuse

Smoking while you're pregnant—even just a little—is bad for your baby's health. It can cause your baby to grow slowly and not gain enough weight, and that's a tough way to start life. Drinking alcohol while pregnant can also cause physical and mental birth defects. **For help quitting smoking, call 1-800-QUIT-NOW.**

### Safe Sleep

Everyone – caregivers, family members, dads and moms – should practice the **ABCs of safe sleep**. Babies need to sleep **ALONE**, on their **BACKS** and in a **CRIB**. Do not put blankets or stuffed animals in the crib. Do not use car seats or swings as a replacement for a crib.

### Nurture with Nutrients

**Breast milk is best for your baby** in the first year of life. It helps your baby grow up healthy and strong and can protect him or her from many illnesses. Breastfeeding is also good for you. It can help you bond with your baby and get you back to your pre-pregnancy weight. Breast milk is always ready when your baby wants to eat so there's no waiting for you to mix up formula or get a bottle ready.



**Labor of Love**  
*Helping Indiana Reduce Infant Death*



**MCH  
MOMS  
HELPLINE**  
1-844-MCH-MOMS  
(844-624-6667)

*The key to a healthy baby and a happy mom*

**MOMS HELPLINE** has dedicated specialists waiting to provide valuable information and referrals to moms and pregnant women. The MOMS Helpline is an important resource for ensuring that every Indiana mom and baby is healthy and happy.

**Our Helpline Specialists offer information and referral assistance on a variety of topics, such as:**

### ■ **Locating and connecting with a health care provider**

- Primary care providers
- OB/GYNs
- Certified Nurse Midwives
- Pediatricians
- Dental care

### **Prenatal services**

- Low-cost prenatal care services
- Open door clinics
- Presumptive eligibility

### **Health coverage enrollment**

- Medicaid
- Healthy Indiana Plan (HIP) 2.0
- Marketplace insurance

### ■ **Care for your baby**

- Women, Infants, and Children (WIC) site locations
- Healthy foods

### **Baby programs**

- Safe Sleep
- Baby & Me Tobacco Free

### **Immunizations**

- Schedules
- Site locations
- MyVAXIndiana

### **Baby items**

- Clothing
- Baby cribs
- Car seats

### ■ **Care for moms**

#### **Transportation providers**

- Medical appointments

#### **Free testing**

- Pregnancy
- HIV
- Sexually Transmitted Disease (STD)

#### **Housing assistance**

- Homes for pregnant teens
- Shelters for women

#### **Nutrition**

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)

#### **Education**

- Nurse-Family Partnership (NFP) programs
- Breastfeeding classes and support
- Healthy Families program
- Continuing education programs
- Job training programs

#### **Behavioral health providers**

- Substance abuse programs
- Postpartum depression (PPD) support groups

If you have any questions or need information about a particular resource that is not listed above, please feel free to call **1-844-MCH-MOMS (1-844-624-6667)** or email [MCHMOMSHelpline@isdh.in.gov](mailto:MCHMOMSHelpline@isdh.in.gov)