

Would you like support during pregnancy
or with your baby?

Babies First!

Because the first years last forever.



“Our public health nurse was excellent. She helped us so much. Always answered our questions and made us feel like if there was anything we ever needed she would do her best to help in any way. This is an awesome program! Thank you.”

-Parent from the Babies First! Program

Oregon
Health
—Authority

PUBLIC HEALTH DIVISION
Maternal and Child Health
healthoregon.org/babiesfirst

You can get this document in other languages, large print, braille or a format you prefer. Contact 971-673-1490 (TTY 711). We accept all relay calls or you can dial 711.

WHAT IS BABIES FIRST!?

Babies First! is a program that provides nurse visits for pregnant women and families with babies and young children up to age 5. Babies First! helps make sure moms, families and babies have the support and information they need to be healthy.

HOW MUCH DOES BABIES FIRST! COST?

Babies First! is free to eligible women, families, and children.

WHAT CAN BABIES FIRST! HELP ME WITH?

A nurse will visit you in your home, or a place of your choosing, when you want them to. They help you:

- Solve problems, reduce stress, and connect you to services you might need.
- Build a happy, loving, and fun relationship between you and your child.
- Get health care and/or the Oregon Health Plan.
- Learn more about how to keep you and your baby healthy.
- Be the best parent you can be!

To See if a nurse can come and visit you and your baby, contact your local Babies First! program: