



1<sup>ST</sup> LA  
**first 5 la**  
 — WELCOME BABY —

**Pregnant women who enroll early receive the full benefits of the program. You can help in two easy steps:**

**1** Determine your client's eligibility: Does she meet the following prerequisites?

- ✓ Up to 38 weeks pregnant
- ✓ Plans to deliver at Centinela Hospital Medical Center
- ✓ Resides in LA County

**2** Fax the referral form with patient name and contact information to: **323- 2-6041**

Welcome Baby helps your clients feel confident and prepared for their journey into motherhood.

This program is offered at **no cost** to women of **all income levels** who plan to deliver at Centinela Hospital Medical Center.

For more information on Welcome Baby please call **323-242-5000, x4100** or visit **First5LA.org/Welcome-Baby**



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A program to enhance your work with pregnant women and new moms



Welcome Baby is a free program for women of all income levels, that offers moms-to-be a trained professional with home visits, how-tos and referrals that help mom, baby and the whole family.

Whether you are a medical provider, direct-service staff or work with pregnant women in another setting, Welcome Baby can enhance your work by offering pregnant and postpartum women trained Parent Coaches who provide information and individual support on topics like bonding and attachment, breastfeeding and home safety.



*“Welcome Baby Parent Coaches bond with patients in their own homes, providing an extra layer of support to my in-office care.”*

—Kelly Jones, MD  
USC Family Practice

### As part of Welcome Baby participants receive:


- **One-on-one appointments** with a personal Parent Coach from pregnancy through baby’s first 9 months
- **An in-home appointment with a nurse** within the first few days after mom and baby come home from the hospital
- **Assistance with breastfeeding** and general infant feeding from a trained Certified Lactation Educator
- **Screening and referral** for perinatal depression
- **Information on child development** and assessment of developmental milestones
- **Program Materials** to assist with parenting and stimulate the baby’s learning
- **Support** with the role as a new mother
- **Referral to other community resources** as needed

\* All moms are eligible for the Welcome Baby hospital visit and will benefit in different ways based on location and specific needs.


### Welcome Baby Program Timeline and Program Materials

 **FIRST OR SECOND TRIMESTER OF PREGNANCY**  
Visit in the home

 **PHONE CALL CHECK-IN**


 **THIRD TRIMESTER OF PREGNANCY**  
Visit in the home, parenting DVD


 **BABY IS BORN**  
Postpartum hospital visit

 **NURSE HOME VISIT WITHIN ONE WEEK OF MOM AND BABY COMING HOME**  
Boppy pillow and medical kit

 **BABY’S 2–4 WEEKS**  
Visit in the home, new parent kit

 **BABY’S 2 MONTHS**  
Visit in the home, home safety items

 **BABY’S 3–4 MONTHS**  
Visit in the home, developmental toy

 **BABY’S 9 MONTHS**  
Final visit in the home, developmental toy

All appointments are held with a personal parent coach or nurse who offers women support and education every step of the way.