



1ST  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: **323-242-5011**

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 **323-516-2825** or visit **First5LA.org/Welcome-Baby**

First 5 LA works with families to maximize the health, safety and security of babies and to facilitate access to support and services when needed. We work in partnership to implement the program to serve the Best Start communities in Broadway, Manchester and West Athens communities.



Martin Luther King, Jr.
Community Hospital

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— WELCOME BABY —

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.