Build Your Team!
You'll love the support.

☑ CHAMPION ☑ YOUR DOCTOR/MIDWIFE ☑ WIC PROGRAM ☑ COMMUNITY RESOURCE ☑ BABY DOCTOR

1

CHAMPION
Ask a key person (the baby's father, grandmother, etc.) who can support you along the way.

2

FRIENDS & FAMILY
Talk to people close to you about ways they can support you and baby.

3

YOUR DOCTOR/MIDWIFE
Find a doctor or midwife who shares your goals and will help you succeed.

4

WIC PROGRAM
Pregnant women with certain income levels can qualify for special support for their families.

5

COMMUNITY RESOURCES
Find others who can help you prepare while you are pregnant and after the baby is born.

6

BABY'S DOCTOR
Choose a doctor for your baby who shares your goals before going to the hospital.

Stay Connected Before & After Giving Birth

- Find out who in your community can help you, and what programs you might qualify for.
- Note their contact information on your prepared checklist. That way you can easily reach them.

Your care team wants you and your baby to have a great start. Start early to build your team. After your baby is born, be sure to make your next appointments before you leave the hospital.

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You Are Not Alone

There are lots of people in your community who can help you prepare for the hospital and support you once you are home. Find out about local pregnancy classes, mom's groups, and even one-on-one care. Start early!

Community Resources

Many people can help families prepare for the hospital. They can also support you once you are home. Here are just a few people who are eager to be part of your support team. Find out what they can offer you!

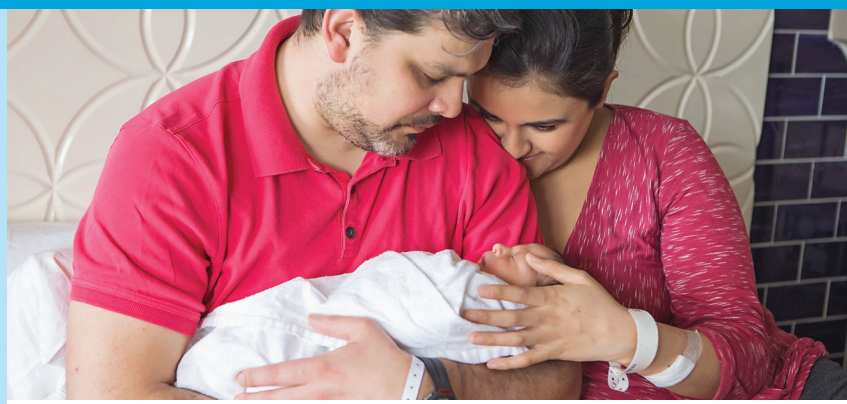
Potential Support Includes:

- New parent classes at your hospital
- Mother-to-mother support
- Lactation consultants
- Doulas who help during labor
- Home visiting programs
- Local Health Departments

Women, Infants, and Children (WIC)

You can join WIC as soon as you think you may be pregnant. You can receive food benefits right away and receive nutritional information and education through group classes, peer counselors and spending time with a dietitian.

Find out more, and if you qualify, online at:
www.fns.usda.gov/wic/wic-income-eligibility-guidelines



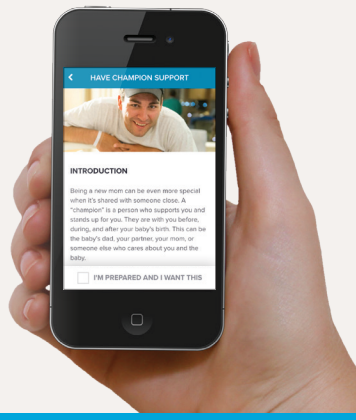
How You (Her Champion) Can Help Mom!

Welcoming a new baby into this world is an exciting time for the whole family! We know you have a crucial role to play to support both mom and the new baby. There are lots of ways you can be a part of this special journey. Look for the "Just for the Champion" section of each sheet to learn about your role and how you can help.

Your Visual Guide

Visit the Coffective mobile app to build your team and learn more about your local resources.

Don't have the app?
Just search the app store for "Coffective" and get started!



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