



**Call a Maternity Support Services provider for an appointment**

**Answers Maternity Support Services  
360-255-7855**

**SeaMar Community Health Center  
360-671-3225**

**Whatcom County Health Department  
360-676-6762**



*Someone to answer your questions.*

*Help finding what you and your family need in the community.*

*Can come to you and baby – no office visit needed.*

***Maternity Support Services helps you and your family be at your best!***

FIRST



STEPS

Healthy Mom,  
Healthy Baby -



Whatcom County  
Maternity Support Services

## Someone to support you along the way ~



### **You will have confidential support and time with caring professionals**

The Maternity Support Services team is made up of a NURSE, NUTRITIONIST and SOCIAL WORKER.

*Medicaid covers  
Maternity Support Services*

Go to [www.parenthelp123.org](http://www.parenthelp123.org) to see if you qualify for Medicaid and to fill out an online application.

### **Health and Pregnancy**

- Finding a doctor
- How pregnancy affects you
- Childbirth and parenting
- Caring for new babies
- Understanding healthy foods for the family
- Planning your family
- Exercise

### **After Your Baby is Born**

- Baby weight checks
- Breastfeeding support
- Tracking your baby's growth and development
- Infant feeding



### **Your Feelings**

- Adjusting to a new baby
- Dealing with the blues, anxiety or depression
- Reducing stress
- Strengthening relationships
- Help with feelings after infant loss

### **Referrals**

- Medical Needs
- Childbirth Classes
- Housing
- Mental Health Counseling
- Transportation
- Birth Control
- Baby Supplies
- Child Care
- Early Head Start
- Substance Abuse Counseling
- Domestic Violence Resources
- Dental Care
- WIC