

DO YOU HAVE
QUESTIONS ABOUT
YOUR PREGNANCY?
ABOUT YOUR LABOR
AND DELIVERY? DO
YOU WANT SOMEONE
TO TALK TO?

*Having a baby will change
your life forever! What an excit-
ing time! With each and every
passing day you are closer to
seeing the face of your beautiful
baby. The First Steps program
is here to answer your ques-
tions, to provide support and to
share in your excitement!*



First Steps Home Visiting Program



The First Steps program
is designed to give you
support through your
pregnancy and your
baby's first year of life.





Eliza Seavey is the full-time First Steps home visitor. She has been working for Families First for over two years, and has worked with more than fifty families in the First Steps Program. Eliza is a friendly and laid-back person who has knowledge in many areas including childbirth and child development. She is part of the Families First Prenatal Team. Eliza is joined by part time home visitor Jodi Foster. Jodi worked as a First Steps Home Visitor a few years ago and took time off to have two beautiful children. In addition to being a part-time home visitor, she runs the Parent Recharge group.

Tell me more!

The First Steps Program has helped many women and families over the years! If you enroll in the First Steps Program there are many benefits to you and your family.

Home Visitors can:

- Tell you about the growth and development of your baby
- Refer you to other organizations to help with things such as childcare, breastfeeding, transportation, and medications.
- Do developmental screenings with your baby
- Help you prepare for the birth and arrival of your baby
- Answer your questions
- Help you apply for Medicaid, housing, TANF, and other services

If you are interested in the First Steps Program, or have any questions about it, please tell the prenatal social worker, OR you can call Eliza at 422-8208 x148. Both will be happy to help!



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