

What does Loving Steps do?

Loving Steps helps get the care you need during your pregnancy and after your baby is born.

The Loving Steps team will:

- Visit and answer your questions.
- Give you support and encouragement.
- Help you understand information that your healthcare provider gives.
- Teach you about taking care of yourself and your baby.
- Help you get other services in the community.
- Help you learn how to choose healthy foods.
- Keep in close contact with you until your child is 2 years old.

Community Impact

Bringing people together to make the community a healthy place for mothers, babies, and families to live.

Healthy Start is a national project created to improve the health of mothers and babies. The Virginia Healthy Start Initiative is called Loving Steps. It is available in the Cities of Norfolk, Petersburg, and Westmoreland County.

*Loving Steps:
A Healthy Start for You
and Your Baby*



Loving Steps Wants to Help You

Babies don't come with instructions. You will have lots of questions. You may need someone you can turn to for support. The Loving Steps team wants to help you have a healthy baby. The Loving Steps team can help you get the care you need during your pregnancy and after your baby is born.

A Loving Steps Health Worker provides health information and connects you to services for you and your baby.

For more information or to participate, contact:

Add contact label here.



LOVING STEPS
Giving Kids A Healthy Start



VDH VIRGINIA
DEPARTMENT
OF HEALTH

VDHLiveWell.com/homevisits

ICT 01 | 3-2017