

Loving Steps Four Goals

1. Reduce infant and maternal mortality through improving women's health
2. Improve family health and wellness
3. Promote systems change and impact and effectiveness through workforce development, data collection
4. Monitor quality improvement, performance and evaluation.

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, Portsmouth,
and Hopewell.

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

For more information or to participate, contact:

Add contact label here.

VDH VIRGINIA
DEPARTMENT
OF HEALTH

[VDHLiveWell.com/homevisits](https://www.vdhlive.com/homevisits)

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LOVING STEPS

Giving Kids A Healthy Start



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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 support and encouragement
- Help you understand information from your healthcare provider
- Teach you about taking care of yourself and your baby
- Help you get other services in the community
- Teaches you how to choose healthy foods
- Keep in close contact with you until your child is 18 months old

Community Impact

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



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.

Loving Steps' Staff Helps

- Connect you to Health Insurance information and enrollment
- Work on a reproductive life plan that includes spacing of subsequent pregnancies for your health and the babies
- Assist with medical services by helping locate a medical home for you and your baby, assisting with planning postpartum and well-woman, well-child medical visits
- Provide ongoing information and support for safe sleep practices
- Provide information and encouragement for breast feeding the baby from birth
- Promote smoking abstinence
- Conduct ongoing screening and support for depression
- Conduct ongoing screening and support for intimate partner violence (IPV)
- Provide ongoing support and encouragement for father involvement to improve outcomes
- Encourage early literacy through reading to your child on a regular basis