

CALL TO
FIND
OUT IF
YOU
QUALIFY

BE A BABY
CARE MOM!

BABY
CARE

FOR MORE INFORMATION:

CENTRAL VIRGINIA HEALTH DISTRICT
434-477-5973
CVHD.ORG



A PROGRAM OF
THE CENTRAL
VIRGINIA HEALTH
DISTRICT

Serving Lynchburg City, Amherst,
Appomattox, Bedford & Campbell
Counties



BEING A BABY CARE MOM HELPS YOU:

- ✓ Learn about a healthy pregnancy
- ✓ Ensure you have what you need when baby arrives
- ✓ Get connected to the right medical provider and find health services
- ✓ Find childbirth education classes
- ✓ Be informed about breastfeeding and newborn care
- ✓ Gain parenting tips to give your baby a great start
- ✓ Get connected to resources like WIC & SNAP
- ✓ Make healthy lifestyle choices and know how to keep your baby safe
- ✓ Learn about baby's growth and development

THE BABY CARE PROGRAM OF CVHD IS A FREE, MEDICAID SPONSORED, HOME VISITING PROGRAM FOR PREGNANT WOMEN AND MOTHERS OF CHILDREN UP TO AGE TWO.

A REGISTERED NURSE WILL ANSWER YOUR QUESTIONS AND HELP YOU WORK THROUGH ANY ISSUES YOU HAVE WHILE PREGNANT AND AFTER YOUR BABY IS BORN.



PREGNANCY & PARENTING CAN BE TOUGH

We can help increase your knowledge and confidence to be the best mom you can be!