

Just for you !!
(and your baby)

Home Visiting Nurses

**Snow Berger
Erika Boyd
Debbie Cartmell
Trish Dauer
Jo Hess
Lisa O' Neil
Holly Pickler
Sue Starr**

**Program Supervisor
Gina Veloni**



**Community Health Division
3020 Rucker, Suite 203
Everett, WA 98201
425.339.8681
Fax 425.339.5255**

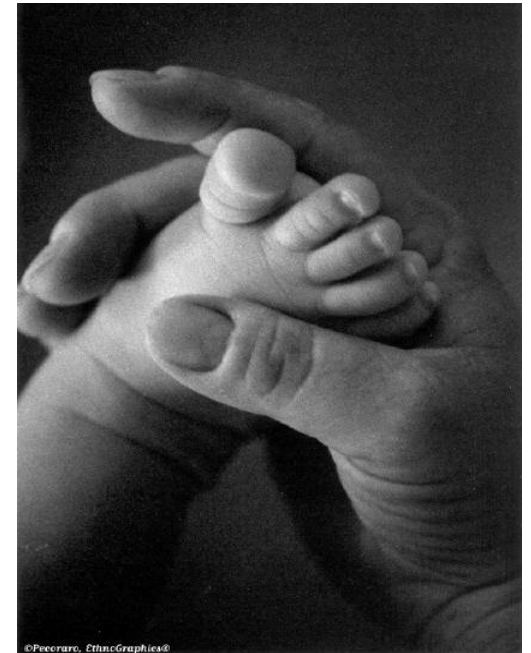
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To request this brochure in alternative format, contact the ADA Coordinator at 425.339.5210; TDD: 425.339.5252; fax: 425.339.5216
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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY



**A program for first-time
mothers and their
families**



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Sometimes life is scary....

Like when you are expecting a baby for the first time.

Do you...

- ♥ feel like your plans for the future have changed?
- ♥ need information?
- ♥ need support and encouragement?

For more information or to make an appointment, call: [425.339.8681](tel:425.339.8681)

Baby's best start begins with you!

During pregnancy, your public health nurse will:

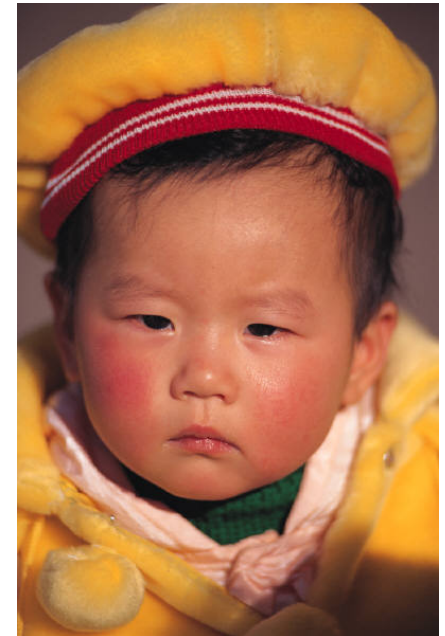
- ♥ help you find answers to your questions about being pregnant
- ♥ help you make healthy choices about your health and pregnancy
- ♥ help you prepare for labor and the birth of your baby

After baby comes, your public health nurse will:

- ♥ bring information about feeding and caring for your baby
- ♥ help you learn about how babies grow and develop
- ♥ listen to your needs and concerns as a new mother
- ♥ help you achieve your goals for the future

The program is open to first-time mothers 21 years of age and under. It is voluntary and offered at no charge.

It begins early in pregnancy and continues to baby's 2nd birthday.



Taking care of our children is the most important, most wonderful, and most challenging job in our society.