



Healthy Beginnings

Healthy Beginnings is a service offered by Rusk County Public health to provide support and education to moms and families during pregnancy and after birth of their baby.

Pregnancy and having a newborn are very exciting times but can also bring challenges. Through Healthy Beginnings you can meet with a nurse to receive information to help you during this exciting time in your life. We want you to have a healthy pregnancy and be prepared for your baby. There is no cost for this service.

Healthy Beginnings provides:

Information to help you have a healthy pregnancy and birth.

- Normal pregnancy changes and management of pregnancy discomforts.
- Baby growth and development during pregnancy.
- Medical care and screenings during pregnancy.
- Nutrition, food safety, weight gain, and activity during pregnancy.
- Feeding your baby, including breastfeeding, pumping, and formula feeding.
- Labor and delivery information and education.
- Newborn and postpartum care information.

Support with challenges during pregnancy.

- Stop or reduce use of tobacco, alcohol, or other drugs.
- Help with depression and other mental health concerns.

One-on-One care during pregnancy.

- Discuss your questions and concerns with a nurse.
- Choose what topics you want to learn more about.

Connections with community resources and services.

- Medical care and screenings during pregnancy.
- Women Infants, and Children (WIC), BadgerCare, FoodShare, housing, etc.

To learn more about *Healthy Beginnings* or to schedule an appointment call Rusk County Public Health at 715-532-2299 or email rchhs@ruskcountywi.us