

Healthy Start  
can help you  
have a healthy  
pregnancy, baby  
and family!



**Healthy Start** is a free home visiting program for pregnant women and families with children up to age 3. You and your family can get one-on-one support, education and help in getting the care you need to give your baby the best possible start in life.

Find out  
more about  
Healthy Start  
today!

[healthystartflorida.com](http://healthystartflorida.com)



*Serving Florida families for more than  
25 years.*

**"I don't know what would  
have happened if I had no  
one to help...having help  
made it all less stressful.  
[My Healthy Start worker]  
makes me want to go  
further in life and I am  
even more determined  
than before."**

Healthy Start client



Florida Association of Healthy Start Coalitions

The Florida Healthy Start program is funded by  
the Florida Department of Health and the Florida  
Agency for Health Care Administration.

**Healthy Start Coalition of Miami-Dade**

7205 NW 19th Street, Suite 500  
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[www.hscmd.org](http://www.hscmd.org)



EVERY BABY DESERVES A  
**Healthy Start**

## HOME VISITING

- Get one on one support in your home or another convenient location
- Count on a friendly advisor throughout your pregnancy and after your baby is born
- Access services that are designed to meet your unique needs

## PRENATAL EDUCATION AND SUPPORT

- Understand changes to your body and emotions during pregnancy
- Learn what to expect during labor and delivery
- Get information on food, medicine and exercise that can help or harm you and baby
- Find out the warning signs for early delivery

## FREE SCREENING AND SERVICES

- Get screened for common problems pregnant women and new families often have
- Find the care you need, (if you need it) through one on one talks
- Reduce everyday stress and anxiety by using recommended tips and tools
- Track and support your baby's development

## PARENTING EDUCATION AND SUPPORT

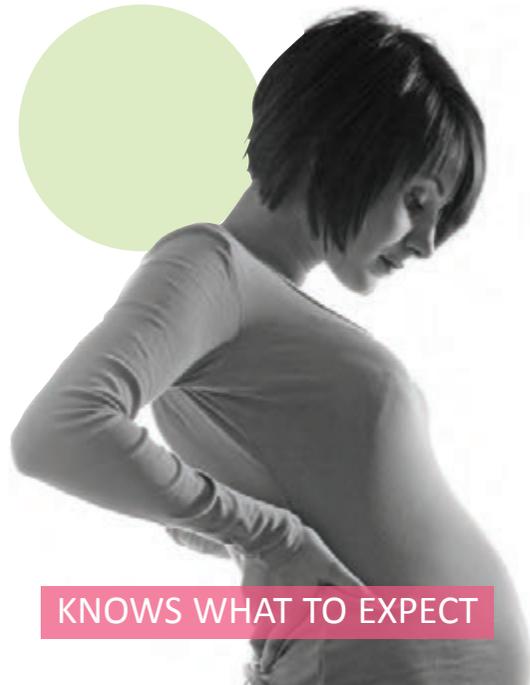
- Prepare for your baby to come home
- Get tips on taking care of your new baby
- Learn more about how your baby grows and develops
- Find out ways to keep your baby safe and healthy

## CARE COORDINATION

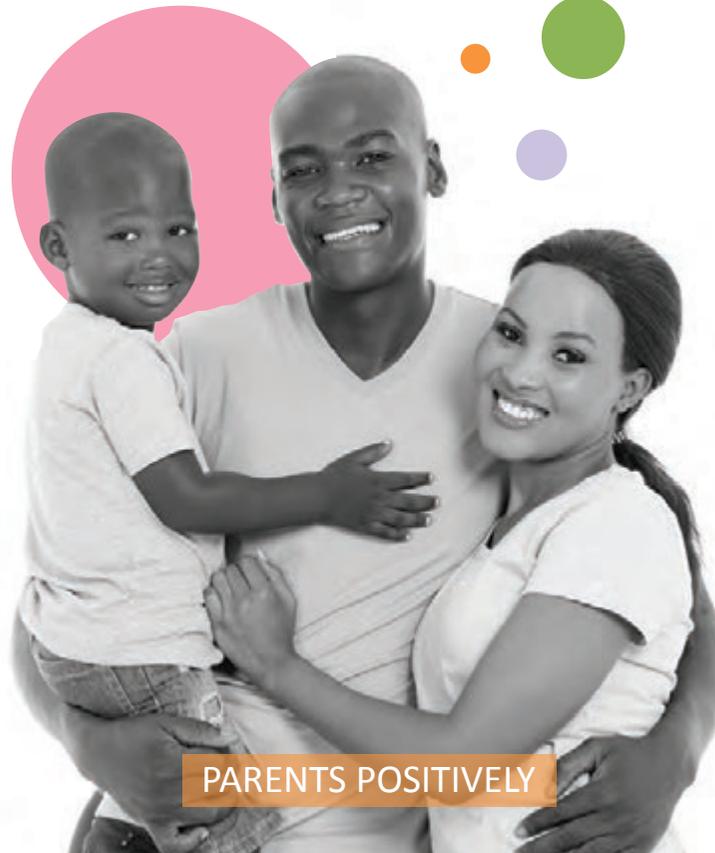
- Get help with finding prenatal and pediatric health care
- Learn about resources and services available in your community
- Understand pregnancy Medicaid benefits—Healthy Start will walk you through it
- Access support groups and classes

## HEALTH AND WELL BEING

- Gain support in getting the health care you need after you deliver
- Plan for future pregnancies by learning all the options
- Connect to training, education, child care and other resources that will help support your growing family



KNOWS WHAT TO EXPECT



PARENTS POSITIVELY



PLANS FOR FUTURE