

Maternal Child Health (MCH)...

What is Maternal Child Health?

A Registered Nurse (RN) offers support, education, and guidance right at home to pregnant women, women after birth, newborns, and children.

You can self-refer for our programs:

Pregnancy Home Visits

Registered Nurses visit pregnant women to help promote a healthy pregnancy and get ready for delivery and newborn care.



Neonatal Abstinence Syndrome (NAS) Support Program

NAS is the medical term given to a baby who is going through withdrawal when a mother used opioids during pregnancy. (May be drugs prescribed by a doctor or street drugs.)

Our nurses can link you to services and give support to help you have a healthy pregnancy and prepare you to care for your newborn.

MOMS Program

(Medicaid Obstetrical Maternal Services)

A program to help pregnant women get Medicaid services, WIC and care from a Doctor or Certified Nurse Midwife and gives health and childbirth education and much more.

Mom Connection

Mom Connection is a support group for women who are mothers or who are expecting a child and are feeling isolated, anxious or just want to connect with other mothers.



Mother and Newborn Home Visits

Registered Nurses visit moms and babies right in their own home after coming home from the hospital.

This program is for ALL mothers in Washington County. First time mothers and mothers who have had children before.

Every baby born to families that live in Washington County may be offered a referral by their Hospital or doctor to Maternal Child Health for an In-Home Newborn Visit.

Our Nurses call all referrals to offer a visit.



In-Home Newborn Visits Include:

- * Health check for the newborn
- * Health check for the mother
- * Weight checks
- * Supporting feeding choices
- * Learn newborn care
- * Safety information
- * Lead poisoning prevention
- * Parenting tools
- * Growth and development stages
- * Info about shots the baby will need
- * Community resources
- * SIDS prevention
(Sudden Infant Death Syndrome)

"The nurse helped me learn new ways to breastfeed, very helpful and thorough"
~Melissa

Special thanks to Melissa K. for the picture



Lead Poisoning Prevention Program

Our Nurses can test a child's blood for lead and help make a plan to lower the lead level if it is high.

Immunization/Shot Clinics

Vaccinations (or Shots) are one of the best ways parents can protect infants, children and teens from 16 possibly harmful diseases.



Child Find Program

This is a part of the Early Intervention (EI) program. The purpose is to help screen children (birth to 3 years old) who are at risk of having learning problems.



"I thought Maternal Child Health was only for people with low incomes. I am glad that it was for anyone. It was so nice to have someone there to support me in my own home." ~ Elizabeth

Our Registered Nurses:

- ◆ Support **You** through an easy or tough pregnancy
- ◆ Transition **You** and **Your** new baby from hospital care to being home.
- ◆ Check **Your** C-section site for healing
- ◆ Check **Your** vital signs (Blood pressure, pulse)
- ◆ Support **You** with **Your** feeding choice
- ◆ Teach **You** about baby milestones, safety and care with our "Baby's First Year" Calendar
- ◆ Connect **You** with local programs and community services such as WIC, Head Start, Car Seats, Mom Connection.
- ◆ Help **You** understand what shots you and/or your baby will need.
- ◆ Help **You** to be able to talk to your Doctor about good health care for **You** and **Your** baby.



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WASHINGTON COUNTY

Maternal Child Health Program

(MCH Program)



A Nursing Service for Mothers and Children in Washington County

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