

LET US SUPPORT YOU HAVE THE HEALTHIEST START FOR YOUR BABY

Healthy Families Program



A program for pregnant and new parents that can meet you at your home, school, clinic, or other location and can:

- Support you during pregnancy and with your new baby
- Promote healthy child development & growth
- Foster skills to strengthen family relationships
- Provide connections to helpful resources



Women, Infants and Children Supplemental Nutrition Program

Helps pregnant and postpartum women, infants, and children under age 5 eat well and stay healthy by providing:

- Nutrition education
- Breastfeeding support
- Food benefits
- Referrals to medical providers and community services

Nurse-Family Partnership



A home visiting program for first-time moms. With your own free personal nurse, you will get the information and support to help you:

- Have a healthy pregnancy, a healthy baby & be a great mom
- Learn about child development, breastfeeding, safe-sleep techniques, and much more
- Utilize the Goal Mama app to help you reach your own parenting and life goals



Prenatal Advantage Black Infant Health



A program for pregnant and parenting African American women aimed at supporting healthy moms and babies and providing support for:

- Nursing, mental wellness & breastfeeding services
- Prenatal and postpartum support groups
- Connections to helpful resources

For information or to enroll in any of these programs, please contact Family Health Services at (888) 840-0889

All services are free of cost!!



SAN MATEO COUNTY HEALTH
FAMILY HEALTH SERVICES

(888) 840-0889
smchealth.org