

“The Welcome Baby program helped me understand my baby and develop more confidence as a mother.”



## Take the first steps to your baby's best start.

### As part of Welcome Baby you'll receive:

- **A one-on-one appointment** after you give birth to encourage your recovery and help you prepare to go home with your new baby
- **Information to help you nurture the healthy development** of your newborn
- **Help with breastfeeding** and infant nutrition from a Certified Lactation Educator
- **Referrals to additional resources** in your neighborhood to help you and your baby

**All moms will benefit in different ways based on where they live and their specific needs.**

Welcome Baby is part of a network of home visiting programs that support families with newborns. These programs work together to connect you with the services that will best support you and your baby.

**This program is available free to women of all income levels who live in LA County and:**

- Plan to deliver at **White Memorial Medical Center**
- Are pregnant or are in the hospital after delivery



To learn more about Welcome Baby and sign up for the program (or if you know someone who could benefit from it), please call **323-260-5712.**

Learn more: [First5LA.org/Welcome-Baby](http://First5LA.org/Welcome-Baby)



Welcome Baby is a First 5 LA-funded program that helps families: maximize the health, safety, and security of their baby; strengthen the parent-child relationship; and access social services when needed. White Memorial Medical Center works to implement the program to serve the Best Start East Los Angeles and Southeast Los Angeles communities.