

WHY IT MATTERS?

Support during pregnancy can help alleviate the emotional and physical changes that come with pregnancy, and improve the mother and child's wellbeing. Pregnancy can be an emotional roller coaster, and for some women, it can feel like the longest 9 months of their lives. Let LHDC Head Start Birth-5 offer support during and after your pregnancy.



LHDC provides services to clients regardless of age, sex, race, color, religion, disability, veteran status, genetics, national origin, ancestry, sexual orientation, gender identity, pregnancy, or familial status.
The agency is an Equal Opportunity Employer.



OUR SERVICE AREA

LHDC HSB5 offers services to families in Crawford, Harrison, Perry, and Spencer Counties.

CONTACT US!

- ★ 1-800-467-1435
- ★ HSB5@LHDC.org
- ★ www.LHDC.org

LINCOLN HILLS
DEVELOPMENT CORPORATION
HEAD START BIRTH - 5

SERVICES FOR
EXPECTANT
FAMILIES

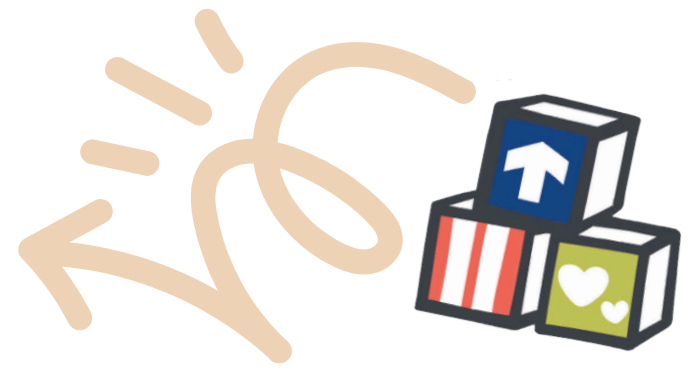
ABOUT OUR PROGRAM

LHDC Head Start Birth-5 offers home-based services for expectant families in Crawford, Harrison, Perry, and Spencer counties. The HSB5 program nurse offers families support and guidance through pregnancy during monthly home visits. Learn about healthy and safe practices, be supported in receiving prenatal and postnatal care, and gain access to other resources!

Participating in EHS as a pregnant mother ensures that your family will have access to free, center-based childcare starting at 6 weeks. At age 3, your child will make the transition to Head Start preschool!



WALK THROUGH THE PROGRAM



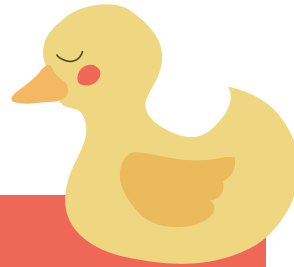
**START
HERE**

SOCIAL SUPPORT

Social Support can help with emotional and physical pressures, which can improve the wellbeing of the mother and child. EHS promotes physical and mental wellbeing during and after pregnancy.

UNDERSTANDING FEELINGS

It's normal to have many different feelings when considering pregnancy options and many people lean on others for support and advice. The EHS Nurse is available for support throughout your pregnancy.



POST-PARTUM DEPRESSION

EHS also offers post-partum depression screenings to ensure the mental wellbeing of new mothers.



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PREGNANCY SCREENINGS

The HSB5 Nurse will perform screenings throughout pregnancy including health information, nutrition screening, and depression.

BREASTFEEDING

If you're planning to breastfeed, The Program Nurse is a certified lactation consultant. She is available for breastfeeding counseling.

FAMILY ENGAGEMENT

LHDC HSB5 encourages the whole family to be involved during and after the pregnancy. We will provide education for both parental figures.

