

Resources in Washington County for new parents...

- Family Center, 262-338-9461
1517 Lang St. West Bend
www.wcfamilycenter.org
Diaper Bag Club for 0-18 month olds and parents, Fridays 9:30-11
- Washington County Human Services Department
Financial Assistance
262-335-4677
www.co.washington.wi.us/dss
- 4-C Community Coordinated Child Care (a referral service)
1-888-713-5437
www.4c-milwaukee.org
- Early Intervention Services
262-338-4430
www.thresholdinc.org

Websites with helpful information...

- Calming crying babies
www.happiestbaby.com
- Breastfeeding
www.kellymom.com
www.breastfeeding.com
- American Academy of Pediatrics
www.healthychildren.org
- CDC – Act Early
www.cdc.gov/actearly

Information provided is not intended for the diagnosis or treatment of a health problem or as a substitute for consulting a medical provider. Any reference to products or services should not be considered an endorsement.

Maternal-Child Health Services



Washington County Health Department

333 E. Washington St., Suite 1100
West Bend, WI 53095
Phone (262) 335-4462
Fax (262) 335-4463
<http://www.co.washington.wi.us>

We are here to help you...

The mission of the Washington County Health Department is to:

- promote health
- prevent disease
- protect the public.

Promoting healthy lifestyles for children and their families in Washington County is part of that mission.

This brochure outlines some of the many services that are available for parents and children at the Washington County Health Department. We are just a phone call away, (262) 335-4462. Our office hours are 8:00 a.m. – 4:00 p.m. Monday through Friday.

Our Services:

- Maternal-Child Health (MCH)
- Immunizations
- Women, Infants, and Children Nutrition Program (WIC)
- Lead Poisoning Prevention
- Injury Prevention
- Referral Services
- Communicable Disease Investigation and Follow-Up
- Car Seat Checks
- Quit Smoking Resources

MATERNAL-CHILD HEALTH (MCH) PROGRAM

Our Public Health Nurses are available as a resource for you. We are able to:

- do home visits
- help link you to community resources
- provide you with information for you and your baby
- provide visits free of charge
- provide visits that are always confidential.

For pregnant clients we offer the above services throughout your pregnancy.

For post-partum clients we offer follow-up for you and your baby for up to one year of age.

If you are interested in any of these services, please call us at 262-335-4462 and ask for a MCH Nurse.



Immunization Program

All recommended immunizations are available to children and adults at the immunization clinics offered by the Washington County Health Department. Immunizations are given by appointment. To schedule an appointment please call 262-335-4462, press “0” to speak to the receptionist.

If your child has had previous immunizations, you MUST bring that record with you to each clinic you attend. If you do not bring your record, we will be unable to immunize your child. Immunizations for children are provided free of charge. Immunizations for adults have a charge; please call our office for details.



Woman, Infants and Children (WIC) Nutrition Program

The Woman, Infants and Children Program (WIC)* provides food and nutrition information to help keep pregnant and breastfeeding women, infants and children under five years of age healthy and strong. For questions about WIC or to set-up an appointment call 262-335-4466.

You are Eligible for WIC if:

- You are pregnant, breastfeeding or a new mother.
- You have an infant or children under five years of age.
- You have a household income (before taxes) that is less than or equal to WIC income guidelines. For example (For 2009-2010) :

Family size	Weekly income
1	\$386
2	\$519
3	\$652
4	\$785

What does WIC provide:

Checks are provided to buy food such as milk, juice, cheese, cereal, eggs, peanut butter, carrots, and infant formula.

Breastfeeding is promoted by WIC and Health Department Staff. A breastfeeding peer counselor is available in WIC.

*This institution is an equal opportunity provider.

Environmental Health Program

Services offered by The Washington County Health Department include:

- Free Lead Risk assessments to determine lead poisoning risks in your home (see Lead brochure)
- Radon Test kits
- Water Test kits – It is important to test private wells for Bacteria and Nitrate when you have a baby in your home

For more information on these services call: 262-335-4462 and ask for Environmental Health.

Car Seat Check Site

When car seats are used correctly, they can prevent injuries and save lives. Always secure your child properly in the correct restraint. Never leave your child unattended in your vehicle. While air bags can save lives, children riding in the front seat can be seriously injured or killed when air bags become activated in a crash. Children 12 and under should always sit in the back seat.

For questions regarding car seat selection or installation, or to schedule a free car seat check, please call the Health Department at 262-335-4742 and ask to speak with a Certified Car Seat Technician.

Safe Sleeping Environments

Babies sleep in more than one place. Safe places for babies to sleep or nap include a crib, bassinet, Pack N Play, or a co-sleeper bed (which is a baby bed that attaches to the side of the parent’s bed.)

- Nighttime feedings are easier and mothers may get more sleep when babies sleep in the same room as the parents. (Babies share the same bedroom, not the same bed).
- Place baby on her back to sleep. Do not put baby on her tummy or side to sleep.
- Baby’s bed mattress should fit closely to the side of the crib with a tight fitted sheet. Do not place pillows, blankets, quilts, toys or bumper pads inside the baby’s bed.
- Place baby on a firm mattress to sleep. Do not put baby to sleep on a sofa, chair, or recliner.

