

Resources for new Parents in Washington County

- Family Center, 262-338-9461
www.wcfamilycenter.org
- Economic Support—Badgercare & Foodshare (Moraine Lakes Consortium) 1-888-446-1239
www.access.wi.gov
- 4-C's for Children (Child Care referral service) 1-888-713-5437
www.4c-milwaukee.org
- Early Intervention Services (Birth to Three) 262-338-4430
www.thresholdinc.org
- Early Head Start (Serves West Bend only at this time) 262-353-9300
www.headstartwaukesha.org



Public Health Services for new parents



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>

Websites with helpful information

- **Calming crying babies**
www.happiestbaby.com
- **Breastfeeding**
www.kellymom.com
www.breastfeeding.com
- **Child Development**
www.cdc.gov/actearly
www.makethefirstfivecount.org
www.text4baby.org
www.healthychildren.org

We are here to help

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)
- Environmental Health Services
- Injury Prevention
- Referral Services
- Communicable Disease Investigation and Follow-Up
- Car Seat Checks

Your Postpartum Health

Congratulations mom, you have been through a lot in the last 40+ weeks. Now that baby is home, please remember to take time to care for yourself, as well as your baby. Here are some of the top concerns that new moms have, and ways we can help...

Lots of moms have the “Baby Blues”. Adding a new member to your family can be a time of great joy, but also can be stressful. If the stress gets too much to handle; some moms find that the “Baby Blues” turn into **Postpartum Depression (PPD)**. If you feel down, depressed or hopeless, or find little interest or pleasure in doing things; please talk to your doctor, partner, friend, or call our office. PPD is normal and there is nothing that you did wrong, we want to help you feel better.

Planning for your next pregnancy begins now. **Birth Spacing** is the time between the end of one pregnancy and the beginning of your next. Ideally you should wait at least 16 months before getting pregnant again. This gives you time to bond with this baby and time for your body to recover. Make plans to talk to your doctor about your reproductive life plan.

Breastfeeding is the normal way of providing infants with the nutrients they need for healthy growth and development. The AAP recommends that all babies be exclusively breastfed for the first 6 months of their lives, then introduce foods and continue to breastfeed up to a year of age. For breastfeeding support call a lactation consultant or our office.

Immunization Program

All recommended immunizations are available to children 0 through 18 years of age that:

- Have no insurance
- Have state health insurance (Badgercare, Title 19, Medical Asst.)
- Are Native American/Alaska Natives
- Are underinsured

To schedule an appointment please call 262-306-2231.

If your child has had previous immunizations, you MUST bring that record with you.

Immunizations for eligible children are provided free of charge.



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.

6/2013

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 July 2013-June 2014) :

Family size	Weekly income
1	\$409
2	\$552
3	\$695
4	\$838

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
- Animal Bite Follow-up

For more information on these services call 262-365-5878.

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

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, stuffed animals, 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.

