

A HEALTHY START BEGINS BEFORE YOUR BABY IS BORN.



CHOOSE HEALTHY FOODS • TAKE CARE OF YOUR EMOTIONAL HEALTH • AVOID ALCOHOL/DRUGS • STOP SMOKING • BREASTFEED • DO THE ABCs OF SAFE SLEEP: **A**LONE, ON THEIR **B**ACK AND IN A **C**RIB



city of
CINCINNATI
First Steps Program

513 564 BABY
2 2 2 9



A HEALTHY PREGNANCY MEANS A HEALTHY BABY.

CALL US

513 564 BABY

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FIRST STEPS PROGRAM

SAFE SLEEP

CRIBS

HEALTH CARE

HOME VISITATION

FAMILY PLANNING

HEALTH INSURANCE

WIC

city of
CINCINNATI
HEALTH DEPARTMENT