



## FIRST STEPS HEALTHY MOM, HEALTHY BABY

Preparing to be a mom can be a bit overwhelming: Am I eating right? How will I get to my doctor appointments? Will I bond with my baby? So many questions!

First Steps is a program that helps moms-to-be access the vital services they need to be healthy—and to have a healthy baby. Local agencies—Kitsap Public Health District, the Department of Social and Health Services (DSHS), and Women, Infants & Children (WIC)—team up to provide these at no cost to you.



KITSAP PUBLIC  
HEALTH DISTRICT

345 6th Street  
Suite 300  
Bremerton, WA  
98337

360-728-2235  
360-813-1382 (fax)

## FREE FOR YOU & YOUR BABY

- Access to free supplies from Eastside Baby Corner (EBC)-West Sound such as diapers, car seats, cribs, infant clothing and more
- Home or office visits at your convenience with a public health nurse or a maternity support counselor

- Medical coverage
- Childbirth classes during pregnancy
- Doctor visits, including transportation
- Education before and after your baby arrives
- Support with breastfeeding
- Nutrition support and education
- Family planning for one year after your baby's birth

## YOUR NEXT STEPS

Call us at 360-728-2235 for help with:

- Getting a pregnancy test
- Scheduling a visit with a public health nurse
- Getting medical insurance
- Getting assistance for cash or food stamps

## INCOME GUIDELINES

To qualify for First Steps, your income must fall within a certain range. You may qualify even if you already have health insurance. If you qualify for Apple Health, you are eligible for First Steps.

Call us at 360-728-2235.