

EXPECTANT FAMILIES PROGRAM



FREE PRENATAL SERVICES

The Expectant Families Program is a free comprehensive program designed to help eligible pregnant women receive the many services needed for a healthy pregnancy. Preparing for a baby can be a special time however, it also can be a time of questions and concerns. Education is key to a healthy pregnancy and the confidence you need as you approach parenthood.

PROGRAM BENEFITS

- Personal Visits
- Receive tools to deal with the many physical and emotional changes pregnancy brings
- Receive information needed to maintain a healthy lifestyle
- Learn to identify early signs of problems
- Identify and referral for community resources
- Promote healthy birth outcomes
- Educational information: healthy pregnancy, fetal development, labor & delivery, breastfeeding, parenting, nutrition, mental health, and more
- Eligibility is based on living status, income, disabilities, and family needs
- Transportation is provided for doctor and WIC appointments

SERVICE AREA

- Payne County
- Lincoln County
- Logan County

A healthy pregnancy has a direct influence on the health and development of a newborn child.

Native and non-Native American families are encouraged to apply.

