



FIRST STEP FAMILY SUPPORT CENTER

P.O. BOX 249 • Port Angeles, WA 98362 • (360) 457-8355

Maternity Support Services

Congratulations on your pregnancy! This First Step program can offer some services to you that your medical coupon will pay for. We do not replace the very important care of your doctor or WIC, but work alongside them to answer any questions you might have, offer support, and connect you to other resources in Clallam County. You are eligible for our services throughout your pregnancy and for up to two months after the birth of your child/children. Every woman's needs are unique; we encourage you to begin our program as early in your pregnancy as possible. The following are examples of services that many of our families have found to be helpful and supportive.

Professional Nursing Services

- A registered nurse is available for questions or concerns about your pregnancy or baby.
- Your choice of home or office visits.
- Special support if you have medical complications such as pre-term labor, high blood pressure, or diabetes.
- Childbirth preparation classes.
- Trained nurses to provide home visits after you bring your baby home.
- Lactation consultants to help with breast-feeding and bottle-feeding.
- Information and referrals for breast pumps.
- Lactation questions in regard to returning to work.

Social Services and Counseling

- Understanding the emotional changes you and your family have during pregnancy.
- Discussing ways to prepare you and your family for the arrival of your new baby.
- Helping you to handle the financial challenges.
- Referrals to available community resources for your financial and living needs.
- Childcare vouchers for medical appointments, bed rest, childbirth classes, or during labor.
- Transportation for your medical appointments.

Nutritional Services

- How to manage "morning sickness".
- Information about controlling your weight during and after pregnancy.
- Information about your diet and breastfeeding.
- Help with your diet if you have diabetes, high blood pressure, anemia, or allergies.
- Other concerns you may have about yourself or your baby.



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