

COMMUNITY MATERNITY RESOURCE GUIDE |

EXPECTING?
HERE'S A LIST OF
COMMUNITY RESOURCES
AVAILABLE THROUGH
METROPLUSHEALTH.



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 **MetroPlusHealth**



MOST OF THE PROGRAMS LISTED BELOW ARE CURRENTLY REMOTE DUE TO THE COVID-19 PANDEMIC. PLEASE CONTACT EACH PROGRAM FOR MORE INFORMATION.

CITYWIDE PROGRAMS

HEALTHY FAMILIES NEW YORK (HFNY): HFNY is a home visiting program to improve the health and well-being of infants and children. Services promote positive parent-child interaction, healthy child development, healthy relationships, family self-sufficiency, and connections to medical providers and community resources. The program may start during pregnancy, or at birth, through age five. Services are free and open to all. Please visit healthyfamiliesnewyork.org to find a HFNY program near you.

NEWBORN HOME VISITING PROGRAM: Due to the COVID-19 pandemic, Newborn Home Visiting Program services have been suspended until further notice. This program is continuing to support families through phone calls.

Newborn Home Visiting Program supports mothers and their newborns during the first few weeks after birth. A public health professional will visit you at home to provide breastfeeding support, give health and safety tips such as safe sleeping, and help with referrals to community resources. Other topics that may be covered during a visit include baby development, tips for bonding, support when feeling depressed or reaching a health goal like quitting smoking, and environmental safety check like missing smoke detectors, window guards, peeling paint that may contain lead. This program is free and open to women who delivered at participating hospitals. Program staff will contact eligible mothers to set up a home visit. Please visit www1.nyc.gov/site/doh/health/health-topics/pregnancy-newborn-visiting.page.

NURSE FAMILY PARTNERSHIP: NYC Nurse-Family Partnership is a nurse home visiting program for first-time mothers. The program pairs first-time mothers who are up to 28 weeks pregnant with specially trained nurses. These nurses provide information and guidance throughout the pregnancy and until the child's second birthday. Nurses support clients to have healthy pregnancies and healthy babies, become knowledgeable and nurturing parents, achieve education and employment goals and provide their children with the best possible start in life, to access other resources and services as needed. Learn what to expect during pregnancy and childbirth, how to provide baby care (feeding, bathing, safe sleep and more), how babies grow and develop. The NYC Nurse-Family Partnership is available to members in NYC who are first-time mothers, regardless of age, immigration status or gender identity. There are income requirements that may apply. Please visit www1.nyc.gov/site/doh/health/health-topics/nurse-family-partnership.page to find a Newborn Home Visiting Program office in your neighborhood.

BABY CAFÉ: Baby Cafés are free, drop-in community-based informal breastfeeding support groups. These peer-to-peer support groups offer high-quality, ongoing professional lactation care and intervention. Baby Cafés are offering VIRTUAL BABY CAFÉ MEETINGS during COVID-19 restrictions. Please visit www.babycafeusa.org/ to find a location near you.

BRONX PROGRAMS



BRONX HEALTH LINK:

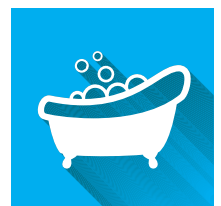
Promotes women's health before, during and after pregnancy as well as the health of newborn infants. Bronx Health Link partners with community organizations to provide outreach and referrals to services, case management services, access to social services, and health education workshops in English and Spanish. Please visit www.bronxhealthlink.org/health-network for more information.

CATHOLIC GUARDIAN SERVICES:

PARENTING RESOURCE CENTER –

Mothers have access to free parenting classes that teach self-care during pregnancy, how to feed and care for a newborn, develop appropriate expectations of child development, adapt to the stresses of parenthood, and strengthen their families.

Pre - and post natal care, counseling for women in crisis pregnancies, financial assistance, and childcare supplies like cribs and layettes are also provided. Please visit www.catholicguardian.org/child-welfare-family-support-services or call 718.828.0300 for more information.



BROOKLYN PROGRAMS



BROOKLYN PERINATAL NETWORK:

BREASTFEEDING WORKSHOP – Learn the benefits of / instruction on how to breastfeed.

SAFE SLEEP WORKSHOP – Step-by-step education on how to put infants to sleep to prevent Sudden Infant Death Syndrome (SIDS).

Please visit www.bpnetwork.org/nyc/ or call 718.643.8258 for more information on how to sign up for workshops.

CARIBBEAN WOMEN'S HEALTH ASSOCIATION:

BREASTFEEDING WORKSHOP – Learn the importance of breastfeeding, how to breastfeed & overcome challenges. Registered pregnant women will receive gift cards, Pack 'n Play, and a baby bag.

CLUB MOMME – Meet other moms at this monthly meeting. Get answers to breastfeeding questions, baby care and enjoy refreshments.

THE INCREDIBLE YEARS: BABY AND TODDLER PROGRAMS – This program promotes effective parenting practices and strategies that strengthen your child's social & emotional competence & problem-solving skills, while reducing aggression at home / school.

PARENTING SKILL WORKSHOPS: BABY (0-12 MONTHS) & TODDLER PROGRAM (1-3 YEARS) – Both programs are evidence-based, promoting positive, effective, research-proven (and developmentally age-appropriate) parenting practices / strategies known to promote children's social competence, emotional regulation and academic skills. They also focus on reducing behavior problems both at home and at school. These programs address multiple risk factors across home and social settings known to be related to the development of conduct disorders in children.

The 9-week Toddler Program and the 9-week Baby Programs are both a combination of video vignettes, role playing, group discussions and home assignments. Additionally, these programs have been approved by the Administration for Children's Services (ACS).

Please visit www.cwha.org/ or call 718.826.2942 for more information.

MANHATTAN PROGRAMS

HENRY STREET SETTLEMENT PARENT CENTER:

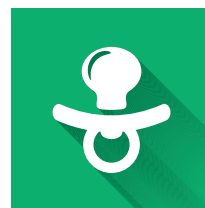
EXPECTANT MOTHER – Prepare for the relationship of a lifetime with a six-week parent group designed to help pregnant mothers attune to their bodies and emotions.

MOTHERS WITH BABIES – Familiarize yourself with the developmental needs of your baby (two to 12 months) with this six-week curriculum-based group for parents and children. Learn methods for fostering attachment and for developing communication, socialization and sensory-motor skills.

PARENTING JOURNEY – Build nurturing family relationships through increased self-awareness and self-care in this 12-week curriculum-based parenting group *Family Court/Administration for Children's Services-approved

TODDLER TUESDAYS – Parents and their toddlers (16 months to three years) engage in structured play, learning through music and movement, stories, arts and crafts and more in this six-week group.

Please visit www.henrystreet.org/programs/primary-behaviorial-health/parent-center/ or contact the Parent Center at 212.471.2400 or email ParentCenter@henrystreet.org for more information.



QUEENS PROGRAMS



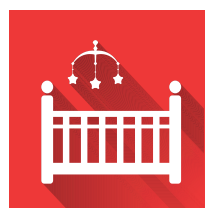
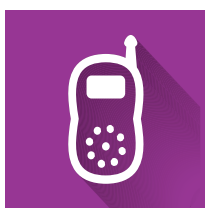
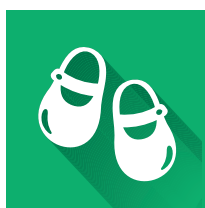
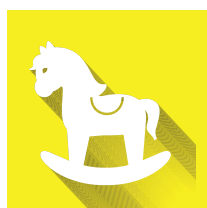
PUBLIC HEALTH SOLUTIONS

COMADRES – Community Health Workers (CHWs) provide individual education as well as many workshops such as *Hola Bebe* and *Circulo de Mamas* group health education for pregnant and postpartum women. CHWs provide education and advocacy on reproductive justice and your rights, health education during home visiting, and connection to many different community resources.

QUEENS HEALTHY START / NEW FATHERHOOD PROGRAM – Pregnant women and newly parenting fathers and mothers are matched to a home-visiting program that best meets their need and preferences. Home visits provide support and education on what to expect during pregnancy and childbirth, breastfeeding, safe sleep practices, child health and development, and parenting skills. New fathers are provided case management, group support, and parenting classes. Please visit www.healthsolutions.org/community-work/family-support/home-visiting-programs/ to learn more.

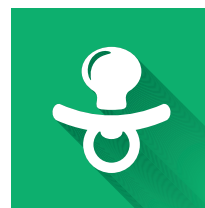
NYC BREASTFEEDING WARMLINE – Offers free virtual breastfeeding support and answers questions about feeding your baby. Call **646.965.7212** to schedule a video or phone meeting with a Certified Lactation Counselor. This program is citywide.

Please visit www.healthsolutions.org/community-work/family-support/community-offerings/ for more information.



STATEN ISLAND PROGRAMS

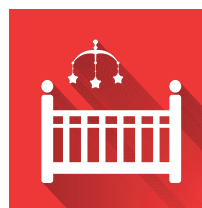
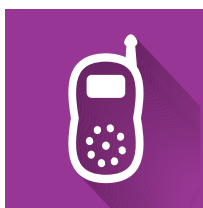
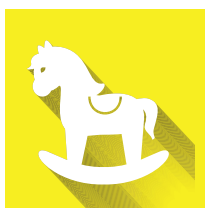
CROSS ROAD FOUNDATION: “Earn While You Learn” program for expecting and new mothers. Participants earn “Mommy Money” for attending prenatal and/or parenting classes. “Mommy Money” can be used at the Cross Road Foundation Mommy Store for baby items. Women who are pregnant and new mothers of babies up to 3 months old can join the program. Participants can take classes until their babies are 18 months old. This program is free but open only to residents of Staten Island. Please call **718.556.3474** for more information.



WHAT YOU NEED TO KNOW

ABOUT THE EARLY AND PERIODIC SCREENING, DIAGNOSTIC AND TREATMENT (EPSDT) BENEFIT:

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, developmental, and specialty services. To learn more, go to www.metroplus.org/member/health-information/womens-health



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