

Healthy Beginnings is a free, voluntary home visitation program that offers information and support to expectant parents and parents of infants or young children.

Enrollment can take place at any time from pregnancy to age 5!



## LET'S WORK TOGETHER!

If you would like to learn more or if this program would be helpful to you or someone you know, please reach out.

715-258-6323

[publichealth@co.waupaca.wi.us](mailto:publichealth@co.waupaca.wi.us)

Waupaca County DHHS  
Second Floor  
811 Harding St  
Wauapca, WI 54981



## WAUPACA COUNTY HEALTHY BEGINNINGS

Providing the building blocks for a strong family.



**Public Health**  
Prevent. Promote. Protect.

Waupaca County Public Health



## PRENATAL SERVICES (PNCC)

- Monthly meetings or home visits with a Public Health Nurse
- Education on the importance of prenatal care; nutrition; and avoidance of tobacco, alcohol, and, other drug use
- Information on fetal development, labor and delivery, and infant care
- Assistance with finding health care
- Postpartum support
- Connections to additional community resources



## BIRTH TO 5 SERVICES

- Monthly meetings or home visits with a trained home visitor
- Parenting information
- Resources and support focused on the parent-child relationship and family health and safety
- Education on child development
- Links to additional community resources
- Social groups and parenting classes

