

Pregnant or recently given birth?

Whether you are a new or an experienced mom, each pregnancy is different and full of questions and changes.

CAP Tulsa's new **Choosing Child Birth** program provides additional services and support through a **Family Services Navigator**.

In addition to regular home visits with your Learning@Home Parent Educator, pregnant moms and moms with new babies can receive:

- Relevant information about healthy pregnancies
- Community resources for you and your baby
- Emotional and mental health support during and after pregnancy
- Opportunities to connect with other pregnant and new moms



SOME BENEFITS OF BEING PART OF THIS FREE PROGRAM INCLUDE:

- Prenatal care guidance and new baby preparation
- Adult and child health screenings
- Assistance with basic needs like cribs, car seats, and diapers, as well as direct referrals for legal aid, transportation, documents, food, healthcare, and financial assistance
- Participation in monthly group connections specifically for pregnant and new moms to connect with and learn about baby sleep and safety, breastfeeding, managing stress, self-advocacy with healthcare providers, and more.

HOW IT WORKS:

- Moms must already be enrolled in Learning@Home and expecting or have a newborn less than 90 days old.
- Your Parent Educator will connect you with the Family Services Navigator, who will contact you to schedule an intake visit.
- After the intake visit, a return visit will be made to provide any requested resources and to assist with completing forms and health screenings.
- Additional visits will be held monthly, along with delivery of any additional support resources until your child turns six months old.

Ready to get connected? Sign up with your Parent Educator today!