

# Introduction

Welcome to the Healthy Babies–Healthy Start resource guide. This booklet has listings of agencies that can help you have a healthy and happy baby. There are three main sections: Before Pregnancy, During Pregnancy, and After Pregnancy.

When calling any agency be sure to ask:

- Are there any special guidelines for your program? (for example: age, income, etc.)
- What are your hours?
- Do I need I.D.?
- Can you mail me information?
- If your agency cannot help me, do you know who can?

The agencies listed in this book are here for the people in the Kalamazoo area. This means you!



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# Key to Terms

You may see these words in this guide:

## **Bronson HealthAnswers and The Professionals at Borgess**

The people who answer the phone can tell you about programs and classes at their hospital and in the community. They also offer free health information and physician referral.

**EFNEP** Expanded Food and Nutrition Education Program. This is a program that teaches nutrition, cooking and parenting skills. An instructor comes to your house or you join a group.

 **Infant Mortality Rate** The number of babies who are born alive, but die before their first birthday (per 1,000 live births).

**KCHCS** Kalamazoo County Health and Community Services (some people call it the health department).

**Low birthweight** This is when a baby is very small, under 6 pounds. This puts the baby at risk for health problems.

**MSU/KCMS** Michigan State University, Kalamazoo Center for Medical Studies.

**Postpartum** The time period *after* the baby is born.

**Premature** That is when a baby is born *too soon*, before 38 weeks. This puts the baby at risk for health problems.

**Prenatal** The time period *before* birth.


**SAPE** Substance Abuse Prevention Education. They offer parenting and family workshops for different age groups. The workshops do not necessarily deal with substance abuse. Scholarships are available.

**WIC** Women, Infant and Children. This is a food and nutrition program for low-income pregnant, breast-feeding, and postpartum women, and children up to five years of age. Many families think they make “too much” money to be eligible for this program. WIC guidelines are different from Medicaid.

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**CALL THE 24-HOUR 2-1-1/HELP-LINE..... 381-HELP (4357)**

- To find appropriate community services
- During times of crisis
- For volunteer opportunities in our community

You can locate local services by visiting [www.gryphon.org](http://www.gryphon.org)   
(Select link to local resources)

# Emergency Numbers

Police ..... 911

Fire ..... 911

Poison ..... 1-800-764-7661

## Mental health emergencies or suicide:

Gryphon Place ..... 381-HELP (4357)

## Rape:

YWCA Sexual Assault Program ..... 345-3036

## Housing Emergencies

★ Each program has its own requirements, so it is important to call first.

Families—Housing Resources, Inc. .... 382-0287

Individuals—Emergency Overnight Shelter ..... 388-3680

Alpha and Omega ..... 345-5100

ARK, Runaway Shelter for Teens ..... 343-8765

Bethany House ..... 372-8800

Catholic Family Services—Transitional Apartments ..... 381-1234

*(provides apartments for homeless, pregnant women  
with no other children in their custody)*

Domestic Assault, YWCA ..... 385-2869

Gospel Mission ..... 345-2974

Kalamazoo County Michigan Department of Human Services ..... 337-4900

The Next Door / The Open Door ..... 343-6064

Salvation Army ..... 344-6119

## Meals

Gospel Mission ..... 345-2974

Ministry With Community ..... 343-5880

If you are moving to another part of the state, here are three toll-free numbers you should have. They can give you resources in your new town.

- Alcohol Abuse 24-hour Help Line ..... 1-800-274-2042
- Baby Hotline ..... 1-800-BIRTH (262-4784)  
*(WIC, health department, pre- and post-natal information)*
- Parent Help Line ..... 1-800-942-HELP (4357)

## Useful Web Sites



American Social Health Association .....	www.ashastd.org
Centers for Disease Control.....	www.cdc.gov
Consumer Reports Online Recalls.....	www.consumerreports.org
Health Scout—Medical updates and recall information ....	www.healthscout.com
Healthy Start Association .....	www.healthystartassoc.org
HFA—Healthy Families America.....	www.healthyfamiliesamerica.org
InteliHealth—Health information .....	www.intelihealth.com
Kalamazoo County Child Abuse & Neglect Council.....	www.kcan.org/info.html
March of Dimes.....	www.modimes.org
Mayo Clinic.....	www.mayo.edu
Michigan Department of Community Health .....	www.mdch.state.mi.us
Michigan Public Sex Offender Registry.....	www.mipsor.state.mi.us
National Domestic Violence Hotline .....	www.ndvh.org
National Institutes of Health.....	www.nih.gov
National Safe Kids Campaign .....	www.safekids.org
NHIC—National Health Information Center.....	www.health.gov/nhic/ <i>Health information referral service. NHIC puts health professionals and consumers who have health questions in touch with organizations.</i>
NORD—National Organization for Rare Disorders, Inc. ....	www.rarediseases.org
Parenting Humor.com.....	www.parentinghumor.com
Parents Anonymous .....	www.parentsanonymous-natl.org
Planned Parenthood.....	www.plannedparenthood.org
Recalls and Safety Alerts.....	www.fda.gov/opacom/7alerts.html
Tomorrow's Child .....	www.tomorrowschildmi.org
U.S. Department of Health & Human Services .....	www.hhs.gov
Web MD .....	www.webmd.com



# Before You Are Pregnant



## Birth Control

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Family Health Center .....	349-2641
Natural Family Planning Center .....	349-8714, ext. 114
Planned Parenthood.....	372-1200

★ Your own doctor can prescribe birth control or check out the drugstore for “over-the-counter” birth control.

## Drug or Alcohol Problem?

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### Counseling—Getting the Help to Stop

Elizabeth Upjohn Community Healing Center .....	343-1651
Gryphon Place.....	381-HELP (4357)
Jim Gilmore Jr. Community Healing Center..	382-9822
Kalamazoo Gospel Mission.....	345-2974
Safe House .....	342-0296
University Substance Abuse Clinic—WMU ....	387-8230

### Self-Help Groups

Adult Children of Alcoholics .....	343-2711
Al-Anon and Al-A-Teen.....	343-4328
Alcoholics Anonymous .....	349-4410
Safe House .....	342-0296
Secular Organization for Sobriety.....	345-2118

### Education

Prevention Works.....	388-4200
Substance Abuse Prevention—KCHCS .....	373-5026



Sometimes a woman who “accidentally” gets pregnant may not behave in a way that is best for her baby. She may continue to smoke or drink, or she may not get prenatal care. This can cause the baby to be born too soon, too small, or sickly. Take control... plan when you want to get pregnant. Call about getting birth control that works for you and your partner.



“Every small, positive change we can make in ourselves repays us in confidence in the future.”  
—Alice Walker  
(author of *The Color Purple*)

A vaginal infection while pregnant can cause you to go into labor too soon, causing a premature or low-birthweight baby. If possible, see your doctor before you become pregnant to rule out any infections.

Does your family have a history of genetic problems that can affect your pregnancy? Talk to your parents and grandparents.

Get your body ready for pregnancy. Women need plenty of folic acid *before* they get pregnant. This nutrient helps prevent birth defects. It is found mostly in green leafy vegetables. Take folic acid vitamins if there is a chance that you may become pregnant.

**Sexually Transmitted Disease or Infection (STIs)**

Planned Parenthood..... 372-1200  
 Sexually Transmitted Disease Clinic–KCHCS..... 373-5203

**AIDS/HIV Testing and Counseling**

Community Aids Resource & Education Services  
 of Southwest Michigan (CARES)..... 381-2437  
 Family Health Center ..... 349-2641  
 KCHCS..... 373-5208  
 Planned Parenthood..... 372-1200

**Genetic Counseling**

Borgess Medical Center..... 226-7000  
 Bronson Women’s Health Services,  
 Genetic Counseling..... 341-7887  
 Sickle Cell Program ..... 382-0579

★ Call your doctor. He or she will refer you to a genetic counselor.

**Nutrition Information**

Michigan State University Extension Services..... 383-8830  
 WIC–KCHCS ..... 373-5002  
 WIC–Family Health Center ..... 349-2647

★ Go to the library or bookstore for nutrition information.

## Stop-Smoking Classes

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American Cancer Society.....349-8719  
Bronson HealthAnswers ..... 1-800-451-6310  
The Professionals at Borgess ..... 1-800-828-8135

★ Ask your doctor about the nicotine patch and other ways to help you quit.

## Dental Health

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Dental Hygiene Clinic–KVCC.....488-4338  
Family Health Center Dental Clinic .....349-0888  
Full Service Dental Office–KCHCS ..... 373-5217

★ If you need dental work, get it done *before* you get pregnant.

## If You Have Lost a Baby

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Bronson SHARE Group,  
Bronson Methodist Hospital..... 341-8886  
Compassionate Friends, The Bereaved Parent.....624-1410  
*(loss of newborn to adult)*  
Healthy Babies–Healthy Start ..... 373-5162  
Spiritual Care Office,  
Borgess Health Alliance.....226-4898



Thinking about quitting? Good idea. It is easier to quit smoking with support. Call today about classes and groups that can help.



If you have lost a baby, miscarried, or had a stillborn child, there are support groups that can help you. Make a decision about timing another pregnancy that is right for you and your partner.

# During Pregnancy

## Pre-Term Labor

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Pre-term labor means you are starting to go into labor before the end of nine months of your pregnancy. Pre-term labor is not the same as “false labor.”

If you go into labor before the 37th week of pregnancy, your baby may be born too soon. A “pre-term baby” can have serious illness and may not live.

## Pre-Term Babies...

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- may have to stay in the hospital a long time because they are too weak.
- can have problems breathing, eating and staying warm even if they can go home from the hospital.
- may have health and other problems for years after they are born.
- may not live even after special hospital care.

The signs and symptoms of pre-term labor can be a warning that your baby may be born too soon. Knowing what it feels like and what to look for can tell you when to get medical care that can help stop pre-term labor.

## Look for These Warning Signs and Symptoms

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- **Backache** in your lower back, below your waistline. It may come and go or it may be steady.
- **Contractions/belly tightening** that are 10 minutes apart or closer, even if you don't feel any pain.
- **Cramps** like before or during your period. They may come and go or they may be steady.
- **Discharge** from your vagina that is watery or looks like mucus or has blood in it.
- **Pressure** that feels like your baby is pushing down or balling up.
- **Stomach cramps** or a pain in your belly, which may include diarrhea.

## Call Your Doctor or the Emergency Room Right Away If...

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- You have any signs or symptoms of pre-term labor.
- Your baby is moving less than it usually does or if your baby has not moved for most of the day.
- You have blood or a lot of discharge coming from your vagina.

★ When you call, be sure to tell which warning signs you have and when your baby is due.



## Pregnancy Testing

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Alternatives of Kalamazoo, Pregnancy Care Center	345-0725
Family Health Center	349-2641
Planned Parenthood	372-1200
Healthy Babies–Healthy Start Outreach Specialists	569-3216, 569-3219

## If you need prenatal care insurance (or help with the Medicaid form)

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Healthy Kids/MICHild–KCHCS	373-5004, 373-5003, 373-5049
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## Prenatal Care

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Borgess Women’s Health	226-5927
Bronson’s Women’s Services	341-7979
Family Health Center	349-2641
Kalamazoo County Michigan Department of Human Services	337-4900
MSU/KCMS–Family Practice	337-6500

★ **If you are on Medicaid:**

When calling a doctor for prenatal care, ask which HMO they belong to. You have to go to the prenatal doctor or midwife who accepts your HMO.



Everyone wants a healthy baby. Having your baby too soon can cause your child to have health problems, or even die. The best way to prevent this is **early prenatal care**. **Call today!**

“Our biggest fear is not that we are inadequate. Our biggest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.”  
–Marianne Williamson

Did you know you should gain 25 to 35 pounds while you are pregnant? What you eat, baby eats. Do it the easy way! Call WIC or check out the cooking and nutrition program called EFNEP.

## Pregnancy Support and Counseling

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Alternatives of Kalamazoo, Pregnancy Care Center .....	345-0725
Bethany Christian Services .....	372-8800
Caring Network.....	381-1234
Family & Children Services .....	344-0202
Maternal Support Services–KCHCS.....	373-5068, 373-5046
Mother the Mother (doula/support program) .....	665-7797

★ Borgess and Bronson each have a maternal support program for their pregnant clients. Remember to ask about “Labor and Delivery” classes.

## Nutrition Education, Cooking Classes, Food Coupons

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EFNEP/Michigan State University Extension .....	383-8830
WIC–Family Health Center .....	349-2647
WIC–KCHCS .....	373-5002

★ Maternal support programs include nutrition counseling.

## Emergency Food

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Loaves & Fishes .....	343-3663
Salvation Army.....	344-6119
<i>(If you receive Medicaid, you need a referral from your case worker.)</i>	

## Meals

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Alpha and Omega.....	345-5100
Gospel Mission .....	345-2974
Ministry With Community Drop-In Center .....	343-5880

## Food Programs

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Solar Gardens, Community Harvest Program–KCHCS .....	373-5274
Temporary Food Assistance Program (TFAP) .....	373-5201



## Breast-Feeding Education

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Borgess Breast-Feeding Hot Line .....	226-4867
Bronson Breast-Feeding Service .....	341-8849
LaLeche League .....	668-2573, 624-1793
Mother to Mother, Breast-Feeding Support Program .....	383-8830

## Domestic Violence

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Statewide Family Help Line.....	1-800-996-6228
<i>(They can refer you to shelters throughout the state.)</i>	
Sylvia's Place (Allegan) .....	1-888-411-7837
YWCA Domestic Assault Program & Shelter	
• crisis line .....	385-3587
• business line .....	385-2869
YWCA Sexual Assault Program & Shelter	
• crisis line .....	345-3036
• business line .....	345-9412

★ Check your insurance for counseling benefits.  
A counselor or therapist can help you.

## Drug and Alcohol Free Pregnancy

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### Counseling

Gospel Mission.....	345-2974
Gryphon Place.....	381-HELP (4357)
Jim Gilmore Jr. Community Healing Center ...	382-9822
Safe House .....	342-0296
University Substance Abuse Clinic .....	387-8230

### Self-Help Groups

Adult Children of Alcoholics .....	343-2711
Al-Anon and Al-A-Teen.....	343-4328
Alcoholics Anonymous .....	349-4410
Narcotics Anonymous.....	382-NANA
Safe House .....	342-0296

### Education

Prevention Works.....	388-4200
Substance Abuse Prevention–KCHCS .....	373-5026

Now we know...  
Breast-feeding is best for baby, mom, and your budget. Learn about breast-feeding before the baby comes.



Many people don't know that being battered can cause a baby to be born too soon. You both deserve better. Deciding to leave may be the hardest part. Get help making this frightening and difficult decision.



“Anticipate the good so that you may enjoy it.”  
—Ethiopian proverb

Gotta walk? Remember—exercise is good for you and your unborn baby. It also may help your labor go easier.

## Pregnancy Support for “Recovering” Women (drugs and alcohol)

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Elizabeth Upjohn Community Healing Center.... 343-1651

## Stop-Smoking Classes

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American Cancer Society..... 349-8719

Bronson HealthAnswers ..... 1-800-451-6310

The Professionals at Borgess ..... 1-800-828-8135

- ★ Smoking during pregnancy can cause low birthweight or prematurity. Stop smoking *before or when* you get pregnant. If you absolutely feel you cannot quit, *cut down* on the number of cigarettes you smoke.

## Parenting Classes

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American Red Cross .....382-6382  
(CPR, first aid, and baby-sitter training)

Bronson Boot Camp for Dads .....341-7521

Bronson Family Centered Education .....341-7521

Kalamazoo Drop-In Child Care Center.....382-3640

The Professionals at Borgess ..... 1-800-828-8135  
(prenatal and parenting classes)

SAPE .....385-2871, ext. 453 or 449

- ★ Get ready for that bundle of joy. Know what to expect from your child. Parenting classes make parenting easier and less stressful.

## Getting Around

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Care-A-Van .....384-8050

Kalamazoo Metro Transit (bus) ..... 337-8222

- ★ Did you know many pregnancy support programs can give you free transportation to your prenatal care appointments?

# After Pregnancy

## Keep Your Child Safe

### Safe Sleep Steps

What is SIDS? SIDS is Sudden Infant Death Syndrome. SIDS is the same thing as crib death. It is when a healthy baby dies quickly without warning. Doctors cannot find a reason why the baby died. SIDS can happen to any family no matter what race they are, how much money they make, or where they live. Some babies die because they are put to sleep in places that are not safe. Babies always need to sleep in a safe place.

- Baby sleeps alone in crib.
- Baby sleeps on back.
- Nothing in sleep area with baby. No bumper pads.
- Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
- Don't allow anyone to smoke anything around baby.
- Dress your baby in as much or as little clothing as you are wearing.
- Use a firm mattress with tightly fitting sheets in a safe crib.

Tomorrow's Child/MI SIDS .....1-800-331-SIDS (7437)

### Safety Resources

Blodgett Regional Poison Center ..... 1-800-764-7661  
Child Abuse and Neglect Council.....552-4430  
Childhood Lead Poisoning Program–KCHCS  
.....373-5116, 373-5338  
Safe Kids Coalition .....341-8830

### CPR and First Aid Classes

American Red Cross .....382-6382  
Bronson HealthAnswers..... 1-800-451-6310  
The Professionals at Borgess ..... 1-800-828-8135

### Parents whose babies have died want other parents to know:

- Babies are *not safe* sleeping on a couch, pillow, or anything soft. There should be *no toys* in bed with babies either.
- Babies are *not safe* sleeping with other children, adults, or pets.
- Adult beds are *not safe* for babies. If you feed your baby in bed, put baby back into his or her crib to sleep.

Shaking a baby or child is very dangerous. It can cause your child to be blind or mentally disabled and could even kill him. Make sure all people watching your child (including partners and family) know this.



“Spacing” your children will help you have a healthy baby. Doctors suggest a two-year rest between pregnancies.

Some women have problems the first week or two with breast feeding. A lot of women don’t have any problems! Moms and babies learn how to breast feed together. Call for help or if you just have a question. Breast feeding is worth it.

## Baby Blues/Depression

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After your baby is born you may feel sad. This is normal. It will usually go away in a month or so. Signs of “baby blues”: Sadness, crying, being irritable, headaches, feeling tired.

Some women experience postpartum (meaning “after birth”) depression (PPD). This can begin weeks to one year after the baby is born. It usually does not go away by itself. Call your nurse, doctor, or a counselor for help. Your baby needs you! There is no reason to suffer:

- Severe depression, panic attacks or anxiety
- Guilt
- Feeling very tired/no interest in sex
- Thoughts of suicide
- No interest in the baby or thoughts of hurting the baby
- Inability to do “day to day” tasks: getting dressed, washing or cooking

### Emergency Help

Borgess Mental Health (24 hours) ..... 226-8000  
 Gryphon Place.....381-HELP (4357)

### Support

Depression after delivery support group .....226-5793  
 Elizabeth Upjohn Community Healing Center  
 ..... 343-1651

## Birth Control

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Family Health Center .....349-2641  
 Natural Family Planning Center ..... 349-8714, ext. 114  
 Planned Parenthood..... 372-1200

## Breast-Feeding Help

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Borgess Breast-Feeding Hot Line .....226-4867  
 Bronson Breast-Feeding Service ..... 341-8849  
 LaLeche League ..... 668-2573, 624-1793  
 Mother to Mother, Breast-Feeding Support Program  
 .....383-8830

★ Call a friend or family member who has breast fed.

## Parenting Classes

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Bronson Boot Camp for Dads .....	341-7521
Bronson Family Centered Education .....	341-7521
Diocese of Kalamazoo.....	349-8000
<i>(step-family workshops only)</i>	
Kalamazoo Drop-In Child Care Center.....	382-3640
The Professionals at Borgess .....	1-800-828-8135
SAPE .....	385-2871, ext. 453 or 449

## Grandparenting

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The Professionals at Borgess .....	1-800-828-8135
Second Time Around.....	383-8830

## Parenting Support and Counseling

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Bethany Christian Services .....	372-8800
Boys and Girls Club Family Support Program	
.....	349-4485, ext. 108
Elizabeth Upjohn Community Healing Center....	343-1651
Family and Children’s Services.....	344-0202
Infant Support Services .....	373-5068, 373-5046
KPS Even Start Project.....	337-0097
Mothers of Multiples .....	324-2662
Mother the Mother (doula/support program) .....	665-7797
Ready Set Succeed!—“Parents as Teachers” .....	488-7599

## Parenting Education Materials

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Borgess Community Library .....	226-7245
Bronson HealthAnswers .....	1-800-451-6310
Child Abuse and Neglect Council .....	552-4430
Healthy Start/Health Education–KCHCS .....	373-5162
Kalamazoo Public Library .....	342-9837
March of Dimes.....	343-5586
Planned Parenthood.....	372-1200
Substance Abuse Prevention–KCHCS .....	373-5047

★ Some video stores have free rentals on family or health issues. Also check out local public libraries.

Do you know when your baby should be sitting up or why a two-year-old says “no” all the time? Want information on the basics—bathing, feeding, diapering? Parenting classes say “you are a good parent.” Meet other parents while learning and having fun.

## Early Childhood Programs

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### Special Guidelines

- Elizabeth Upjohn Community Healing Center ..... 343-1651
- Great Start Playgroup (0–5 years).....488-7999
- Head Start–KCHCS .....373-5006
- KPS Even Start Project..... 337-0097  
*(parent must be returning to school  
for high school diploma or GED)*
- Pre-Kindergarten Education (PEEP) ..... 337-0095

### Child Care

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- Child Care Resources .....349-3296
- Kalamazoo County Michigan Department  
of Human Services ..... 337-4900

### Income-Based Programs

- Bread and Roses Child Care (2½–5 years).....383-9956
- East Side Community Preschool.....349-6720
- Head Start–KCHCS (preschool).....373-5006
- Kalamazoo County Family YMCA.....324-9625  
*(child care, preschool, and school-age care)*
- Kalamazoo Drop-In Child Care Center .....382-3640  
*(free, part-time child care)*
- YWCA Children Center ..... 342-1519

### Women’s Health

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- Borgess Women’s Health..... 1-888-62-WOMEN
- Bronson Women’s Services..... 341-7979
- Family Health Center ..... 349-2641
- Planned Parenthood..... 372-1200

## Health Care

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If you need health insurance for your child and are of low (or no) income:

- Kalamazoo County Michigan Department of Human Services ..... 337-4900
- Planned Parenthood ..... 372-1200

★ **NOTE:** If you and your children are on Medicaid, you have to choose a primary care doctor.

For those on Medicaid who have not chosen a primary care doctor.....373-5053

If you **do not** qualify for Medicaid/public assistance and need health care for your child:

MiChild (0-19 years).....1-888-988-6300

- Catholic Family Services ..... 381-9800
- Family Health Center..... 349-2641
- Health and Community Services Department .....373-5064

Well-Child Clinic–KCHCS..... 373-5100  
(0-5 years, free physical exam)

## Income-Based Medical Care and Health Screening

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Family Health Center

- Health Care for the Homeless ..... 385-2217
- Primary Medical Care..... 349-2641

First Presbyterian Church Health Clinic ..... 344-0044  
(free for those who cannot pay)

Kalamazoo County Health and Community Services

- Children’s Special Health Care ..... 373-5010
- Immunizations .....373-5242
- Sexually Transmitted Disease Clinic .....373-5203
- Vision and Hearing.....373-5008

MedRAN ..... 337-6456

MSU/KCMS–Family Practice .....337-6500

MSU/KCMS–Pediatrics.....337-6400

## Emergency Money for Prescriptions

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American Red Cross (need referral) .....382-6382

Family Health Center .....349-2641



Did you know that putting your baby to bed with a bottle can cause “baby bottle” tooth decay? The juice or formula coats your baby’s teeth all night. This causes them to rot. The tooth decay is painful for your baby and causes you stress!

When your baby is first born, soothe her at night with a pacifier. If she is already “hooked” on the bottle, fill it with water.



**Dental Health**

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Dental Hygiene Clinic (KVCC) .....	488-4338
Family Health Center Dental Clinic .....	349-0888
Full Service Dental Office–KCHCS .....	373-5217
<i>(0-19 years of age, not eligible for Medicaid)</i>	

**Nutrition Education, Cooking Classes, Food Coupons**

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EFNEP/Michigan State University Extension .....	383-8830
Family Nutrition Program .....	383-8830
WIC–KCHCS .....	373-5002
WIC–Family Health Center .....	349-2647

★ Remember, WIC serves pregnant women and families with children up to five years of age.

**Emergency Food and Formula**

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Loaves & Fishes .....	343-3663
Salvation Army .....	344-6119
<i>(If you receive Medicaid, you need a referral from your case worker.)</i>	

**Food Programs**

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Kalamazoo County Michigan Department of Human Services .....	337-4900
Share Mid-Michigan Volunteer Service Food Program .....	343-2524
Solar Gardens, Community Harvest Program–KCHCS .....	382-3117
Temporary Food Assistance Program (TFAP) .....	373-5201

**Meals**

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Gospel Mission .....	345-2974
Ministry With Community .....	343-5880

**Self-Help**

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Parents Anonymous .....	344-0202
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## Domestic Violence

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- Statewide Family Help Line.....1-800-996-6228  
(*They can refer you to shelters throughout the state.*)
- Sylvia’s Place (Allegan).....1-888-411-7837
- YWCA Domestic Assault Program & Shelter
- crisis line .....385-3587
  - business line .....385-2869

## Drugs & Alcohol Hurt More Than Just You

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### Counseling

- Elizabeth Upjohn Community Healing Center  
..... 343-1651
- Gryphon Place.....381-HELP (4357)
- Jim Gilmore Jr. Community Healing Center..382-9822
- Safe House .....342-0296
- University Substance Abuse Clinic .....387-8230

### Self-Help Groups

- Adult Children of Alcoholics ..... 343-2711
- Al-Anon and Al-A-Teen.....343-4328
- Alcoholics Anonymous .....349-4410
- Narcotics Anonymous.....382-NANA
- Safe House .....342-0296

### Education

- Prevention Works.....388-4200
- Substance Abuse Prevention–KCHCS .....373-5026

## Stop-Smoking Classes

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Now that you’re not pregnant, you may want to start smoking again. Hold on! Your child breathes in the smoke from your cigarette. This can cause:

- Ear infections
- Bronchitis
- Asthma problems

★ **If you or others smoke, do it outside.**  
Children need clean air!

- American Cancer Society.....349-8719
- Bronson HealthAnswers ..... 1-800-451-6310
- The Professionals at Borgess ..... 1-800-828-8135

### “Partying”— How much is too much?

Drugs and alcohol take you away from your child. Your baby is depending on you, not only for food and diapers, but for love, attention, playing and much more. Your baby needs “emotional” food to grow up to be healthy and to feel good about himself. Your habit hurts *you and your child*. Take one step today for the better. Ask for help.



**BUCKLE UP THE RIGHT WAY!**

- Put children and babies in the back seat whenever possible.
- Put the safety belt through the car seat slots.
- Get a tight fit. The car seat should not move more than one inch in any direction. You may have to use the locking clip to get a tight fit.
- Children should ride in a rear-facing infant or convertible seat until they are at least 1 year old and weigh at least 20 pounds. Infants must ride in a back seat facing the rear of the car.
- Children between 1 and 4 years old and weighing 20–40 pounds should be in front-facing car seats.
- Children over 4 years old and over 40 pounds should ride in the back in a booster seat.

**If You Have Lost Your Baby**

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Broken Dreams, Borgess Health Alliance .....226-4898  
 Compassionate Friends, The Bereaved Parent.....624-1410  
*(loss of newborn to adult)*  
 Healthy Babies–Healthy Start ..... 373-5162  
 Share/SIDS Support Group, Bronson Methodist Hospital  
 .....341-7751

**Special Services and Counseling**

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Boys and Girls Club Family Support Program .....349-4485  
 Catholic Family Services..... 381-9800  
 Douglass Community Association ..... 343-6185  
 Elizabeth Upjohn Community Healing Center.... 343-1651  
 Western Michigan University..... 387-5105

**Help with Child Support, Friend of the Court.....384-8200**

**Hispanic Council .....385-6279**

**Has your child been sexually abused?**

Elizabeth Upjohn Community Healing Center.... 343-1651

**Need help with budgeting and saving money?**

Kalamazoo Deacons Conference.....344-7333

**Adoption**

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Bethany Christian Services .....372-8800  
 Catholic Family Services..... 381-9800  
 Family Adoption Consultants ..... 343-3316  
 Family & Children Services .....344-0202

**Odds and Ends**

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**Clothes and Household Items:**

Baby Bundle Program (*for newborns only*) .....373-5046  
 Caring Network..... 381-1234  
 Kalamazoo Deacon’s Conference ..... 344-7333  
 Love For Children (*need a referral*) .....553-6431  
 Mt. Zion Church..... 388-3111

**Transportation:**

Care-A-Van .....384-8050  
 Kalamazoo Metro Transit (Bus)..... 337-8222

## Immunizations

Immunizations are important for keeping your children safe and healthy. Immunizations provide the weapons needed to fight germs and keep your children disease free.

Parents need to be aware of the immunization schedule to make sure their child is immunized on time. Vaccines are currently available to protect children against many serious diseases.

### Immunization Information

Borgess Family Medicine.....	226-7000
Bronson Methodist Hospital .....	341-7654
Continuing Education for Young Families .....	337-0446
Family Health Center .....	349-2641
Kalamazoo County Health and Community Services .....	373-5238
Michigan Department of Community Health.....	1-888-76-SHOTS

### Immunization Schedule

AGE	IMMUNIZATIONS					
Birth				HBV		
2 Months	DTaP	Polio	HiB*	HBV		PCV7
4 Months	DTaP	Polio	HiB*			PCV7*
6 Months	DTaP		HiB			PCV7*
6-18 Months		Polio		HBV		
12 Months	DTaP	MMR	HiB*		Varivax	PCV7
4-6 Years	DTaP	Polio	MMR			
Every 10 Years	TD					

\* Other schedules are possible. Consult your doctor.

#### Terms

DTaP: Diphtheria, Tetanus, and Pertussis

HiB: Haemophilus influenza type B

HBV: Hepatitis B

MMR: Mumps, Measles, and Rubella

Varivax: Chicken Pox

PCV7: Pneumococcal Conjugate



## Special Needs Children:

Babies and children with disabilities, special needs or learning problems.

# Special Needs Children

## Local Programs and Services

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### Finding a Problem...Helping...Learning...Success!

Charles Van Riper Speech and Hearing Clinic.....	387-8047
Children's Special Health Care Services–KCHCS	373-5010
Community Advocates.....	342-9801
<i>(persons with developmental disabilities)</i>	
Community Mental Health Children's Services ..	553-8100
Constance Brown Hearing and Speech Center ....	343-2601
Early On .....	488-7599
• Statewide .....	1-800-327-5966
Elizabeth Upjohn Community Healing Center....	343-1651
Family & Children Services .....	344-0202
Family, Infant & Toddler Program.....	337-0600
Infant Support Services–KCHCS.....	373-5032
Mary Free Bed Hospital and Rehabilitation Center	
• Grand Rapids .....	616-242-0300, 616-242-0320
MSU/KCMS–Pediatric Specialty.....	337-6430
Music Therapy Clinic (WMU) .....	387-4679
Parent to Parent .....	345-8950
Pre-Primary Evaluation Team (PET), ages 0-6.....	373-3263
SIDS Apnea Center.....	341-8484
<i>(infants and children with breathing problems)</i>	
Social Security Administration.....	1-800-772-1213
<i>(income for aged, blind, disabled)</i>	
Southwestern Michigan Children's Trauma	
Assessment Center.....	387-7000
The Spell Lab (WMU) .....	387-2719
Unified Clinics (WMU) .....	387-7000



## Education for Parents

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- Center for Educational Networking (CEN)  
..... 1-800-593-9146, ext. 177
- Citizens Alliance to Uphold Special Education (CAUSE)  
.....1-800-221-9105
- Family Information Exchange (FIE)  
..... 1-800-292-7851, 1-517-487-5427
- Michigan Protection and Advocacy Services (MAPS)  
..... 1-800-288-5923, 1-517-487-1755
- Parent Leadership Program (PLP)  
.....1-800-292-7851, ext. 107 or 115
- Parent to Parent of SW Michigan .....345-8950
- Project PERFORM ..... 1-800-552-4821

## Equipment

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- Easter Seal Society of Michigan, Inc.  
..... 1-800-292-2729, 1-616-942-2081

## National Organizations

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- Community Advocates.....(no number)
- Cystic Fibrosis Foundation  
..... 1-800-344-4823, 1-301-951-4422
- National Organization for Rare Diseases (NORD)  
.....1-800-999-6673

## Self-Help

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- Michigan Self-Help Clearing House ..... 1-800-777-5556  
*(10:00 a.m. to 3:00 p.m. Monday thru Friday)*



“When you get in a tight place and everything goes against you till it seems as though you could not hold on a minute longer, never give up then, for that is just the time and place the tide will turn.”

—Harriet Beecher Stowe

## Just for Teens

Al-A-Teen.....	375-4930
The ARK Runaway Shelter.....	343-8765
Caring Network.....	381-1234
<i>(teen childbirth preparation class)</i>	
Continuing Education for Young Families (CEYF) .....	337-0446
Elizabeth Upjohn Community Healing Center....	343-1651
Jim Gilmore Jr. Community Healing Center.....	382-9822
Prevention Works.....	388-4200
Teen Parent Program— Call the Kalamazoo County Michigan Department of Human Services first .....	337-4900

## Bibliography/Resources

- ★ Black Pearls, Eric V. Copage
- ★ *Back to Sleep* brochure, Tomorrow's Child/MI SIDS in cooperation with Michigan Department of Community Health DMC/Children's Hospital of Michigan.
- ★ *Pre-Term Labor* brochure, Healthy Start...a project of the Allegheny (Pennsylvania) County Health Department.
- ★ Safe Kids Coalition, Kalamazoo, Michigan.



# Warning Signs of Pre-Term Labor



If you are pregnant or know someone who is, you can carry this card with you to help you or someone else remember the signs of pre-term labor. You can also write the number of your physician or nurse-midwife on this card.

## Call your health care provider right away if:

- Blood or fluid leaks from your vagina
- You feel cramps like your period is starting
- You have low, dull backache
- You have diarrhea
- You have 4 contractions in 1 hour
- You think something is wrong

Health care provider phone number: \_\_\_\_\_

## Appointment Reminder Card

Use this card to keep track of your prenatal appointments  
or your child's appointments.



Name and address of your health care provider:

\_\_\_\_\_  
\_\_\_\_\_

DATE OF APPOINTMENT: \_\_\_\_\_ TIME: \_\_\_\_\_

DATE OF APPOINTMENT: \_\_\_\_\_ TIME: \_\_\_\_\_

DATE OF APPOINTMENT: \_\_\_\_\_ TIME: \_\_\_\_\_

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DATE OF APPOINTMENT: \_\_\_\_\_ TIME: \_\_\_\_\_





# Healthy Babies—Healthy Start Survey

Healthy Start is interested in you! We want to get your feedback on our resource guide.

1. Is this guide easy to understand?  yes  no
2. Could you find what you wanted?  yes  no
3. Did you learn about a new program?  yes  no  
If yes, which one? \_\_\_\_\_  
Was the program helpful?  
 yes  no  didn't use yet  
Explain: \_\_\_\_\_  
\_\_\_\_\_
4. What is your age? \_\_\_\_\_
5. What is your sex?  female  male
6. What is your zip code? \_\_\_\_\_

## FOR FEMALES:

7. Check all that are true:  
 pregnant  not pregnant  
 have a baby less than one year old  
 have a child older than one

## IF YOU ARE PREGNANT:

8. Was your pregnancy planned?  yes  no
9. Have you started prenatal care?  yes  no
10. Date of first prenatal visit: \_\_\_\_\_
11. Due date: \_\_\_\_\_

## FOR EVERYONE:

12. Anything else you would like to say? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PLEASE PRINT: (Address is needed to mail your gift.)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_

## TO RETURN THIS SURVEY:

Cut off this survey, fold in half and tape closed, apply a postage stamp, and drop in a mailbox. It has been addressed for you.

Please return  
this survey...get  
a free gift!



Thank you for your time and thoughts. The first 300 people to return this survey (**it must be completed**) will get a free gift!



PLEASE  
PLACE  
STAMP  
HERE



**HEALTHY BABIES—HEALTHY START**  
**KALAMAZOO COUNTY HUMAN SERVICES DEPARTMENT**  
**3299 GULL ROAD**  
**PO BOX 42**  
**NAZARETH MI 49074-0042**

FOLD HERE

TAPE CLOSED HERE • DO NOT USE STAPLES



