



STATE OF WEST VIRGINIA
DEPARTMENT OF HEALTH AND HUMAN RESOURCES
RIGHT FROM THE START PROJECT

Joe Manchin III
Governor

Martha Yeager Walker
Secretary

(Date)

Dear _____:

Having a baby can be a very happy time, but can also be really hard. Having someone to talk to and offer ideas can sometimes make things easier.

West Virginia has social workers and nurses who can offer pregnant women and their babies help to keep them healthy. These nurses and social workers can help you find things you may need like WIC, a place to live, a way to get to the doctor, things for your baby and health care. They can help you learn about:

- how being pregnant may make you feel bad
- how your body changes when you're pregnant
- things that shouldn't happen during pregnancy (like having contractions before your due date)
- baby blues
- how to tell when things are not normal
- how to tell if your baby is sick
- easy ways to take care of your baby
- colic
- how to tell if your baby has a fever
- when to call your or your baby's doctor

These services, called Right From The Start, are free and can be held in your home or at some other place. Pregnant women and new moms get to choose which services they want. There is even information available for dads.

Helping West Virginia's pregnant women and babies stay healthy is our goal. We hope to hear from you so we can talk about what services you may like to have. Please call or email me to let me know whether or not you want Right From The Start.

Sincerely,

Designated Care Coordinator

DCC Name (Please Print)

Agency

Agency Address

Telephone/Email

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