



STATE OF WEST VIRGINIA
DEPARTMENT OF HEALTH AND HUMAN RESOURCES
Bureau for Public Health

Bill J. Crouch
Cabinet Secretary

Office of Maternal, Child and Family Health

Ayne Amjad, MD, MPH
Commissioner & State Health Officer

(Date)

Dear _____:

You recently received a letter about the Right From The Start Program's services for you and your baby.

Designated Care Coordinators from the Right From The Start Program can offer pregnant women and their babies resources and services to help keep them healthy. Right From The Start may be able to locate resources in your community to help you find items or services you may need during your pregnancy or after the birth of your baby.

The Right From the Start Program has information 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
- "Period of Purple Crying" or "Shaken Baby Syndrome"
- how to tell if your baby has a fever
- when to call your or your baby's doctor
- safe sleep
- how to deal with the stress of being a new mom or having more than one child

All Right From The Start Program services are **free** and offered in your home or at some other location of your choosing. Pregnant women and moms decide the services they want.

Having a baby can be a happy event. But at times, taking care of a baby can be very hard. Having someone to talk with and to offer ideas may make things easier. Please call or email me to let me know if you would like services from the Right From The Start Program or if you just have questions.

Sincerely,

Designated Care Coordinator

DCC Name (Please Print)

Agency

Agency Address

Telephone/Email

