



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 _____ :

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 Designated Care Coordinators who can offer pregnant women and their babies support and educational services. These Care Coordinators can locate resources in your community to help you find items and services you may need during your pregnancy or after the birth of your baby. They can also provide 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

These services, called Right From The Start, are **free** and can be held in your home or at some other location. Pregnant women and new moms get to choose which services they want.

Helping West Virginia's pregnant women and babies stay healthy is our goal. We hope to hear from you so we can tell you about all the services we have to offer. Please call or email me to let me know whether or not you would like to enroll in Right From the Start or if you just have questions.

Sincerely,

Designated Care Coordinator

DCC Name (Please Print)

Agency

Agency Address

Telephone/Email

