



Date

ADDRESS

Dear NAME,

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 or 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" and "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 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 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. Our services are available to you anytime during your pregnancy and up to two months after the birth of your baby. Your new baby may be eligible for services up to one year of age.

Sincerely,

DCC NAME
DCC AGENCY
DCC ADDRESS
CITY, STATE, ZIP
PHONE
EMAIL

WVDHHR/BPH/OMCFH/DPWH/PP/RFTS – R005 RAPIDS Contact Letter
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