

Your Steps to Success



BUILD

Build a team to support you.
Tell them what you want!



LEARN

Learn what to expect and
what you can do at the hospital.



SHARE

Share what you want with
your care team.

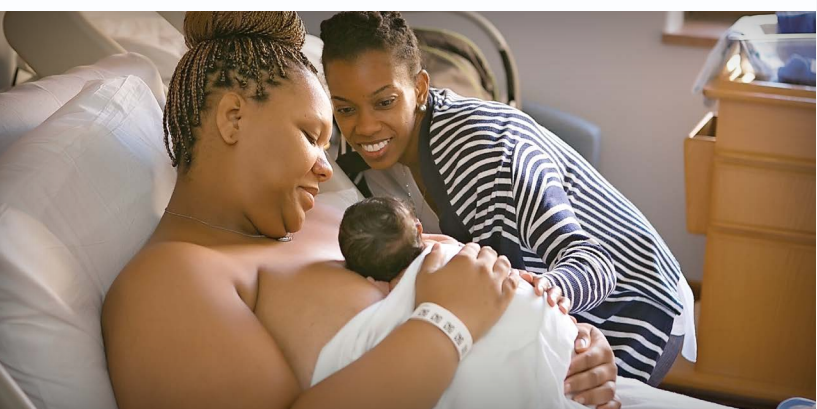


SUCCEED

When you go in prepared,
you'll be ready to fall in love.

Every Family Deserves a Great Start

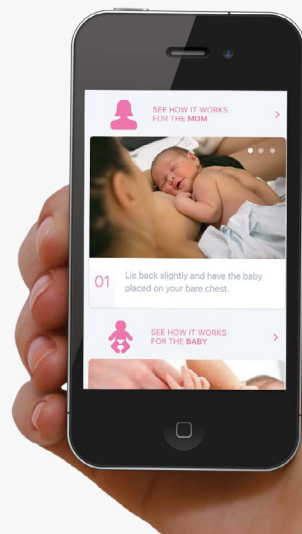
The research is clear – you can get a great start when you're prepared! The topics listed on this checklist will help you do just that. When you come to the hospital prepared and ready, you're more likely to reach your goals. Ask your family and others who will be part of your team to learn all they can, too. That way you'll have a team of support as you welcome your new baby!



Learn More with a Free Mobile App

Find out more about all of these topics on the free Cofactive mobile app. It's easy! Use the QR Code to download and start learning today! Cofactive is trusted by many because it's:

- Written by experts
- Based on current research
- Filled with beautiful photos
- Has info required by the Baby-Friendly Hospital Initiative
- Shows fathers and other family members their role



Surround Yourself with Support

Community Resources

There are many people and organizations that can help families prepare for the hospital.

- New parent classes at your hospital
- Moms' groups
- Lactation consultants
- Doulas
- Local health department

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Women, Infants & Children (WIC)

WIC has many services for pregnant, breastfeeding, and non-breastfeeding postpartum women as well as for infants and children up to age five.

- Nutritious foods
- Nutrition education
- Breastfeeding support
- Referrals to other local resources

In 2022, a family of four can qualify with an income of about \$49,000/year.

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Home Visiting Programs

Many communities have programs that can help pregnant women and new families with:

- Support in your home
- Better health
- Helping your child be ready for school (in some programs)
- Referrals to other local resources

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Cofactive **FREE MOBILE APP!**

Scan the QR code or search "Cofactive" in your app store to learn more about these best practices and to get a great start!

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