

PRENATAL CARE

It is important to have regular prenatal care during your pregnancy, beginning in your first trimester. Some places you can go for prenatal care include:

Variety Care:
(405) 235-6466

Community Health Centers, Inc.
Mary Mahoney Memorial Health Center or
Perry A. Klaassen Family Medical Center
(405) 769-3301

Community Health Services:
(405) 632-6688

Care Access Referral Line (CARL)
(405) 557-1100

HEALTH INSURANCE

If you are having difficulty paying for your prenatal care or your baby's medical care these places may be able to help:

Sooner Care:
(405) 522-7171 or (800) 522-0310

SoonerPlan:
(800) 987-7767 or (800) 757-5979

Insure Oklahoma:
(888) 3-OK-EPIC

For additional resources call...



For help to quit smoking call...



What do I do now?

- Step 1: Call the service provider or program you are interested in.
- Step 2: Ask questions about the program.
- Step 3: Be sure to leave you name and phone number if you leave a message.
- Step 4: Tell them you would like to enroll or participate in the program.
- Step 5: Keep any appointments you make or call if you need to reschedule.
- Step 6: Congratulate yourself on taking a step towards a healthier future!

To learn more about pregnancy and parenting, visit the Oklahoma State Department of Health Website:
<http://www.ok.gov.health>
and click on "Preparing for a Lifetime."

Too many babies are dying in our community. In Central Oklahoma, two babies die every week. Many of these deaths could have been prevented. This brochure was produced by the Central Oklahoma Fetal and Infant Mortality Review Project which is funded by the Title V Maternal and Child Health Block Grant, and made possible in part thanks to a grant from the CJ Foundation for SIDS: www.cjsids.org. To find out more about the Central Oklahoma FIMR project visit <http://www.occhd.org> or email fimr@occhd.org.

CENTRAL OKLAHOMA
FETAL AND INFANT
MORTALITY REVIEW

Inspiring Change for
Babies
One Story at a Time

SERVICES IN OKLAHOMA COUNTY FOR PREGNANT WOMEN AND FAMILIES WITH BABIES



921 NE 23rd Street
Oklahoma City, Oklahoma 73105
<http://www.occhd.org>
(405) 427-8651

This brochure is available to download free at
<http://www.occhd.org/community/fetal-and-infant-mortality-review>

SERVICES FOR PREGNANT WOMEN AND FAMILIES WITH YOUNG CHILDREN

IF YOU ARE EXPECTING A BABY, OR IF YOU HAVE A BABY,
YOU MAY BE INTERESTED IN SOME OF THESE GREAT SERVICES!

Children First—Provides in-home visits from a nurse from the health department beginning in pregnancy to help you stay healthy, provide support and education, and help you achieve goals for you and your baby.

Child Guidance— Provides individual and group services to families with young children who reside in Oklahoma County regarding questions or concerns about their child's behavior, development, speech and language, or parenting.

Childcare Resource & Referral — A free service to help parents find a childcare provider in their area. Call 1-888-962-2772 or, for Spanish call 405-492-4179.

Family Expectations—Provides support to couples with new babies to help them have a strong, lasting relationship so they can be the best parents to their child.

Healthy Start—Provides center based and home based services to women and families in select zip codes to help maintain prenatal care, and provides referrals to connect you to other community resources.

Infant Crisis Services - provides formula, food and diapers to babies in times of crisis because no baby should go hungry.

Latino Agency—provides StartRight, SafeCare and other programs for families with children under age 5 who speak Spanish .

Oklahoma City County Health Department— Provides other services for women, children and families such as Family Planning , Immunizations and STD Clinics.(405) 427-8651

Oklahoma Family Network—Assists parents of children with special needs to understand and use services available to them. It also matches families with other families who have had similar experiences for support and guidance.

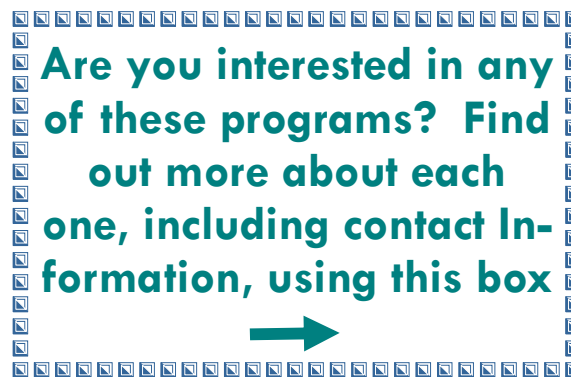
Parents as Teachers (OPAT)— A home-visiting program that helps parents assume the role as baby's first teacher and helps create a strong parent-child bond.

SafeCare/Safe Families—Provides in-home guidance to help families meet the health, safety, and well being of their young children. Parents learn how to reduce stress, prevent problem behavior, improve communication, and discover community resources.


SoonerStart—Provides developmental screenings, evaluations, assessments, and services to children with developmental delays birth to age 3.

StartRight projects—Provide in-home and center-based services to help families have healthier pregnancies, babies and children

WIC—The Women, Infants and Children Nutritional supplement program. Helps children and pregnant and breastfeeding women get good nutrition.



Are you interested in any of these programs? Find out more about each one, including contact information, using this box



Program	Pregnant women	Families with children under 2	Families with older children	Income limits?	Is it Free?	Phone Number (405 area code)	Website
Child Guidance	No	Yes	Yes	No	Maybe	425-4412	http://www.occhd.org
Children First	Yes*	No	No	Yes	Yes	521-1911	http://www.occhd.org
Family Expectations	Yes	Yes	Yes	No	Yes	639-2054	http://www.familiesok.org
Healthy Start	Yes	Yes	No	No	Yes	427-3200	http://www.chciokc.org/
Infant Crisis Services	No	Yes	Yes	No	Yes	528-3663	http://www.infantcrisis.org
Latino Agency	Yes	Yes	Yes	No	Yes	236-0701	http://www.latioagencyokc.org
Oklahoma Family Network	Yes	Yes	Yes	No	Yes	271-5072 / 877-841-5072	http://www.oklahomafamilynetwork.org
Parents as Teachers	Yes	Yes	Yes	No	Yes	587-0360	http://www.okpirc.org
SafeCare	Maybe	Yes	Yes	No	Yes	858-2927	http://www.northcare.com
StartRight - Positive Parents	Yes**	Yes	Yes***	No	Yes	427-3224	http://www.chciokc.org/
StartRight - Exchange Club	Yes**	Yes	Yes***	No	Yes	232-2500	http://www.pcaok.org
WIC	Yes	Yes	Yes \$, unde	Yes	Yes	425-4384	http://www.occhd.org

*Woman must be less than 29 weeks pregnant ** Woman must be more than 28 weeks pregnant ***Youngest child must be 12 months or less