

# BABIES SLEEP BEST ON THEIR BACKS!



- Babies sleep safest in a crib, bassinet, or pack-n-play
- Use a firm mattress with a snug fitted sheet
- Make sure baby sleeps on his/her back
- Use a one-piece sleeper
- Make sure the baby sleeps alone
- Make sure the sleep area does not have pillows, blankets, bumper pads, or toys



## HEALTHY START

904-253-1390

[Duval.FloridaHealth.gov](http://Duval.FloridaHealth.gov)



Services are provided without regard to race, color, religion, sex, employment or national origin.

# GIVE YOUR BABY A HEALTHY START

Services for Pregnant Women,  
Infants & Families



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## WHAT IS HEALTHY START?

Healthy Start is a voluntary and free service that supports Duval County women, infants and children (up to age three) to increase healthier pregnancies, births and child health.

Give your baby a healthy start by taking advantage of our services. Joining is easy! Say YES on the Healthy Start screening at your doctor's office, birthing hospital, facility, or call us to get started.

The Healthy Start screening is short and confidential.



## PREMATURE BIRTH HAPPENS BEFORE 37 WEEKS OF PREGNANCY

Premature labor (preterm labor) is when a pregnant woman's body starts getting ready for birth too soon. Preterm labor is not always painful. A pregnant woman should call her doctor or go to the hospital right away if she has any of the following:

- Contractions (labor pains, the belly tightens like a fist, etc.) every 10 minutes or less
- Changes in vaginal discharge including leaking fluid or bleeding from the vagina
- Pelvic pressure – the feeling that the baby is pushing down
- Low, dull backache
- Menstrual (period) like cramps
- Belly cramps with or without diarrhea

## HEALTHY START PROVIDES:

- Breastfeeding tips & support
- Case management
- Childbirth & parenting preparation for moms and dads
- Family planning (birth control) information
- Fatherhood support
- Healthy eating education
- Help to quit smoking
- Home visits
- Immunization information
- Referrals
- Stress reduction

