

Children's Wisconsin's Milwaukee Start Right program works with pregnant and parenting women to:

- learn how to have a healthy pregnancy and baby
- strengthen parenting skills
- connect families to needed community resources and support.

Start Right is for women living in Milwaukee County who are pregnant or have a newborn younger than age one. Services are free.

#### **Milwaukee office**

620 S. 76th Street, Suite 120 Milwaukee, WI 53214 Email: milwaukeehomevisiting@chw.org Phone: (414) 231-4827 Fax: (414) 453-2538

#### Hours

8 a.m. – 5 p.m. Monday – Friday Individual meetings are available at other times by appointment.



Greater Milwaukee & Waukesha County



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# Milwaukee Start Right





Kids deserve the best.

childrenswi.org/ milwaukeehomevisiting

### Do you have these questions?

- Is there someone I can talk to who won't judge me about being pregnant?
- How can I have the healthiest pregnancy for me and my baby?
- What are my options, and how do I start to get support?
- What do I need to know about my baby's development?
- What are some positive practices I can learn to best parent my child?

We've helped a lot of women find answers. We can help you, too.

# All pregnant women and new mothers need help and support.

Coping with an unplanned pregnancy or with parenting a baby can be overwhelming. Start Right can help you learn about your options so you can make good decisions about your future.

The program is completely voluntary. Staff will visit with you in your home, school or at our office – wherever is most comfortable and convenient for you. Start Right can help you work through questions and concerns you have before, during and after your pregnancy.

Start Right home visitors support women as they sort through some of the overwhelming feelings a new pregnancy may bring. They provide a listening ear and guidance. Their goal is to support you as you decide the path that is right for you.

## Parenting

Being a parent isn't easy. Planning begins the second you learn you're pregnant. Start Right staff provide oneon-one support to help you prepare for your baby. They also can help you set goals for you and your family and provide you with community resources, tools and skills to help you be the best parent you can be. We strengthen parenting skills and connect families to community resources and support. Your family visitor can help you:

- Lead a healthier lifestyle.
- Strengthen family relationships.
- Build parenting skills.
- Learn how children grow and develop.
- Find and use community resources.
- Prepare kids to do well in school.
- Lessen stress.
- Celebrate family milestones.

