

Our Services

The UAMS Early Head Start Pregnant Women program helps families by providing quality prenatal and postnatal education to expectant mothers and their new babies using the Partners for a Healthy Baby Curriculum and assisting pregnant women in obtaining prenatal care. Services are provided in the areas of education, health, nutrition, mental health, disabilities, and social services.

This program supports school readiness for children by supporting pregnant mothers in ensuring the best possible start for their babies.

The program includes:

- Biweekly Home Visits
- Monthly Parent Cafes
- Opportunities for Networking with other Pregnant Women
- Resources and Referrals
- Research Based Prenatal Curriculum

Enrollment

For more information about enrollment, please visit

**8901 Kanis Road
Little Rock, AR 72204**

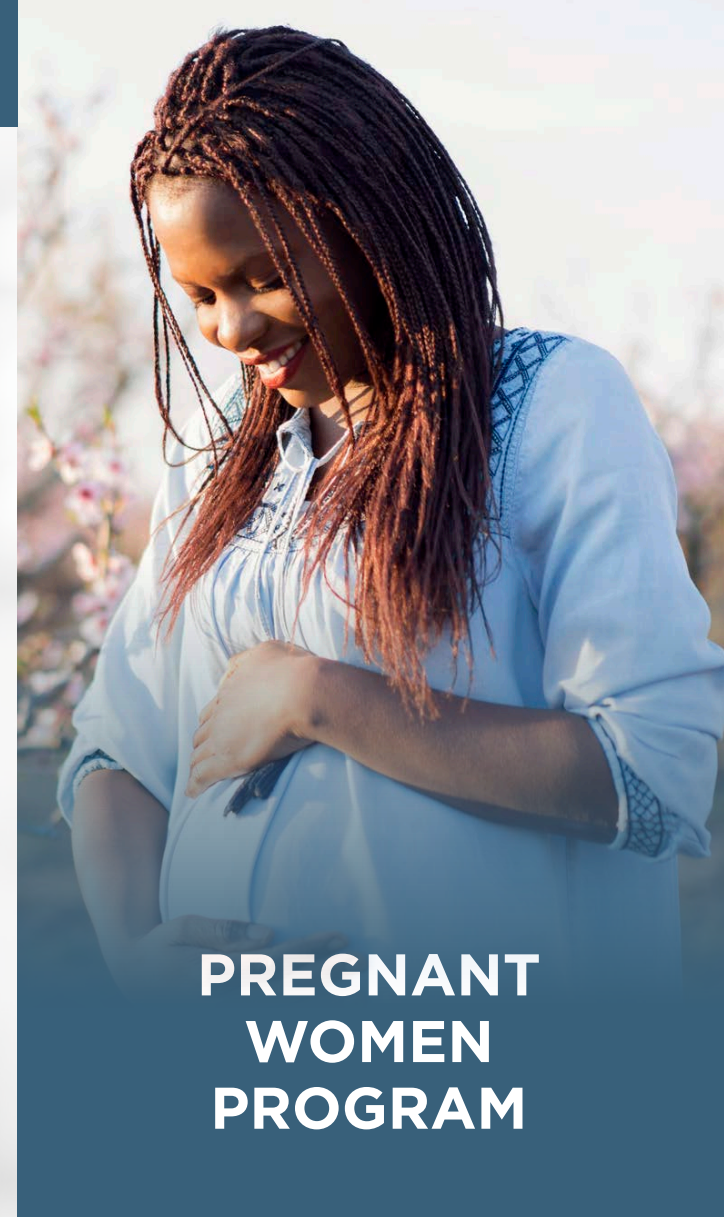
**Website:
headstart.UAMS.edu**

**Phone:
(501) 570-5000**

Contact Person:

Name: _____

**Direct
Number:** _____



**PREGNANT
WOMEN
PROGRAM**

(501) 570-5000

Now Enrolling Pregnant Women

A healthy pregnancy has a direct influence on the health and development of a child. Early Head Start (EHS) programs provide services to expectant mothers, fathers, and families by providing direct services, referrals and assistance accessing community partners.

Our mission is:

- To provide quality services to expectant mothers and their unborn babies.
- To support mothers throughout pregnancy and continue support after the child is born.
- To promote healthy pregnancy

We provide:

- **Education**-Every pregnant woman has a Home Visitor who meets with her biweekly to discuss resources and information related to fetal development, alcohol, smoking, labor and delivery, breastfeeding, postpartum depression and infant care.
- **Health and Nutrition**-Home Visitors assist pregnant women in keeping up-to-date on prenatal and postnatal appointments and encourage healthy habits to ensure physical health.
- **Mental Health**-Each pregnant woman has access to our mental health consultant as needed.
- **Family Engagement**-Home Visitors work with the whole family to provide resources and referrals for needs that may arise. Parents are encouraged to participate in meetings, trainings and program leadership.

- **Transition Services**-After the baby is born we will work with each family to develop a transition plan for the child to enter our Home-Based or Center-Based program for infants and toddlers.
- **Parent Cafes**-Every pregnant woman will have the opportunity to meet and network with other pregnant women during monthly socialization events.

Checklist for Enrollment

- ❑ **Proof of Family Income (W-2, 1040, TANF Letter, SSI Letter)**

