

NewboRN Home Visit

A Healthy Start for You
And Your Baby



What is a Postpartum Newborn Home Visit?

The postpartum newborn home visit is a free service for all new moms and their babies. The hospital registered nurse will come to your home to make sure you and your baby are doing well. You will be contacted to schedule a time for the nurse to visit you in your home. The nurse will usually spend 1-2 hours with you and your baby.

What will the Nurse Do?



- Ask questions about your health and your baby's health
- Weigh your baby
- Do a physical exam of your baby
- Check your blood pressure
- Help you with breastfeeding, if needed
- Give you about information about other community resources.

The Nurse Will Talk to You About

- ♥ Breast care and hand washing
- ♥ Signs and symptoms of illness
- ♥ Mom's sleep needs and infant sleep patterns
- ♥ Postpartum activity
- ♥ Sleep and nutritional needs of mom and baby
- ♥ Family planning, sexually transmitted disease prevention
- ♥ Well child care and immunizations
- ♥ Baby's BRAIN program
- ♥ Safety in the car, home and exposure to harmful substances
- ♥ Taking care of baby's skin, mouth, and diaper area
- ♥ Care for your infant son's penis if he is not circumcised
- ♥ Education on Safe Sleep, SIDS risk reduction, shaken baby syndrome prevention



For more information about postpartum newborn home visits talk to your OB
OR contact the newborn home visit nurse:
St. Lucie Medical Center: 772-398-3643
Lawnwood Regional Medical Center: 772-489-4162

Healthy Start
Coalition of St. Lucie County
Every baby deserves a healthy start



LAWNWOOD
Regional Medical Center
& Heart Institute

St Lucie
Medical Center

ST. LUCIE COUNTY
Children's
SERVICES COUNCIL
Our Children - Our Community - Our Future

LIVE UNITED
United Way
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of St. Lucie County