

Healthy Families for Southwest Virginia

Healthy Families for Southwest Virginia provides information and supportive services to First-time parents in Wise, Lee, and Scott Counties and the City of Norton.

All first-time parents qualify for a free Welcome Baby package filled with pregnancy and/or parenting information, Free samples of baby products, and a Free gift.

If you would like a Welcome Baby visit please include your name and contact information so that a Healthy Families home visitor may contact you to set up a visit at your convenience. **The information you provide will only be shared with the Healthy Families program.**

First-time birth : _____ YES _____ NO Today's Date _____

Name _____ Birthdate _____ Date Baby Born _____

Address _____

Phone # _____ Please list a contact person that can be notified if we are unable to reach you:

Contact's

_____ Phone # _____ Relationship _____

Parent Signature: _____

By participating in the Healthy Families program you can receive these **FREE** services:



- **Wal-Mart gift cards** **Holiday gifts for your baby** **Birthday lunch**
- Parent "Get-Togethers" that are not only educational but also include arts and craft activities, a chance to meet other first time parents, on-site childcare available if needed during the meeting! Oh Yeah! There's **FREE** food and door prizes at the Parent "Get-Togethers"!
- Transportation provided or arranged to Doctor visits, Parent "Get-Togethers", other important places
- **Free Books for your child**
- Emergency Baby Items such as diapers, baby wipes, shampoo

This section to be completed by nurse.

Delivery I.D. # _____

Gestation age: _____ (weeks) APGAR score: _____ Baby's gender _____

Baby's weight _____ Screener's name: _____ Phone # _____

Organization: _____

Healthy Families for Southwest Virginia
P.O. Box 888 Big Stone Gap, VA 24219

Mountain Empire Older Citizens, Inc.
276-523-4202 OR 1-800-252-6362