

## **CARROLL COUNTY NEST: PROMOTING HEALTHY MOTHERS AND HEALTHY BABIES**

Carroll County Nest welcomes all pregnant women who reside in Carroll County. Our goal is to support and encourage expectant mothers to improve their health and the health of their babies. Participants are encouraged to enroll during pregnancy but you can enroll after delivery.

### **What is the Carroll County Nest?**

The Carroll County Nest is an incentive program that provides encouragement for parents. You will receive points for:

- Early and regular prenatal care and regular well child visits.
- Participation in activities that increase healthy behaviors.
- Continued learning about various topics related to pregnancy, infant care, and parenting.
- Appropriate use of community services.

### **There is no cost to join this program.**

Families can remain in the program until baby turns three years of age.

### **Carroll County Nest Opportunities include:**

- Prenatal doctor visits
- Post partum doctor visits
- Childbirth education counseling
- WIC
- Breastfeeding
- Infant CPR
- Home visits
- Continued education
- Immunizations
- Parenting classes
- Well baby visits



Items available may include: diapers, educational toys, safety items, highchairs, books, pack n' plays, and feeding supplies. Items change monthly.

**HOW TO ENROLL:** Call (712) 794-5623 and ask to speak to the Carroll County Nest Manager. The Carroll County Nest is located in the Luke Building just east of St. Anthony Regional Hospital in Carroll. The address is 318 S. Maple, Suite #3, Carroll, Iowa 51401.

*Carroll County Nest is a Program funded through community donations and grants.*