

WELCOME BABY:

Making Systems and Services Work Better for Los Angeles County Kids

At First 5 LA our priority is helping young children have their best start in life. Our work focuses on helping to make systems and services work better for Los Angeles County kids, prenatal to age 5. By helping parents and caregivers access needed resources when they're needed, we are helping to create the nurturing environments and stable relationships that our kids need in order to succeed in school and life.

Our **Welcome Baby** program is designed to help you begin that journey before your baby is born and throughout their early months of life. The program is completely voluntary and provides free information, support and a trusted partner to help pregnant women and new moms prepare for and succeed in early parenthood.

Welcome Baby is available to all families delivering at participating hospitals at no cost and benefits families in different ways, based upon where they live and their specific needs. Regardless of household income, if you deliver or plan to deliver your baby at one of 14 participating Welcome Baby hospitals, you can receive:

- **An in-hospital visit** where you will receive assistance with breastfeeding and information about bonding and attachment, taking care of your baby, and resources your family may need as you transition to motherhood
- **A personal Parent Coach** who meets with you and your family in the comfort and convenience of your home
- **Information and support** on breastfeeding, home safety and other topics
- **An in-home appointment** with a nurse within the first few days after delivering at the hospital
- **Referrals to additional resources** to help you and your baby
- **Baby- and mom-friendly items** such as thermometers, nursing pillows, toys and baby-proofing supplies for the home

Welcome Baby - From The Start

Welcome Baby began in 2009 as a pilot program through California Medical Center, a member of Dignity Health's system of hospitals, in partnership with Maternal and Child Health Access (MCHA). It has since expanded to 14 L.A. County hospitals and today operates as a component of Best Start - a multi-year effort created by First 5 LA that aims to shape, strengthen and support L.A. County neighborhoods by building resources and providing access to activities that improve the well-being, development and care experienced by pregnant women, new parents and children, prenatal to 5.

The participating hospitals deliver approximately 60 percent of all babies born within Best Start communities and over a third of the births countywide. By the time operations reach full capacity, an estimated 25 percent of all babies born in L.A. County will benefit from Welcome Baby annually.



The Role of a Parent Coach

Both during pregnancy and after birth, a Parent Coach provides health care and parenting information and education, support, and resources, as well as assistance with breastfeeding and baby-proofing homes to encourage the healthy and safe development of both mom and baby. If needed, your Parent Coach will talk to you about and assist you in accessing community resources that can help your family receive health care coverage or other supportive services.

What does a Parent Coach do during Welcome Baby visits?

- They listen to parent needs and provide information about parent-infant attachment and infant behavior
- They listen to parent concerns and provide information about infant feeding and provide breastfeeding support and advice
- Assist families in establishing a medical home, following up on well-child visits and identifying health insurance coverage, if necessary
- Educate parents about the parent-child bond and how it can build confidence and success
- In partnership with parents, perform a screening to assess child development milestones
- Refer families to their local Best Start community activities

How Do I Participate?

Where you live and your specific needs will help determine the Welcome Baby resources that will benefit your family the most. All families delivering at a Welcome Baby participating hospital will be offered a Welcome Baby hospital visit at the time of your baby's birth. If your family lives within a Best Start community, you can either enroll in the program up to your 38th week of pregnancy or once at the hospital.



HOSPITALS PARTICIPATING IN WELCOME BABY

- **Antelope Valley Health Partners**
Lancaster • (661) 942-4719
Serving the *Best Start* Lancaster and Palmdale communities
- **California Hospital Medical Center**
Los Angeles • (213) 342-3127
Serving the *Best Start* Metro LA community
- **Centinela Hospital Medical Center**
Inglewood • (323) 242-5000, ext. 2218
Serving the *Best Start* Watts/Willowbrook, Compton/
East Compton, West Athens and Broadway/Manchester
communities
- **Citrus Valley Medical Center - Queen of the Valley Campus**
West Covina • (626) 851-2749
Serving the *Best Start* South El Monte/El Monte community
- **Martin Luther King, Jr. Community Hospital**
Los Angeles • (424) 338-8000
Serving the *Best Start* Watts/Willowbrook communities
- **Miller Children's and Women's Hospital Long Beach**
Long Beach • (562) 933-2410
Serving the *Best Start* Central Long Beach community
- **Northridge Hospital Medical Center**
Northridge • (818) 885-3575
Serving the *Best Start* Panorama City & Neighbors
communities
- **Providence Little Company of Mary Medical Center
San Pedro**
San Pedro • (310) 514-5444
Serving the *Best Start* Wilmington and Central
Long Beach communities
- **Providence Holy Cross Medical Center**
Mission Hills • (818) 496-4173
Serving the *Best Start* Panorama City & Neighbors
communities
- **St. Francis Medical Center**
Lynwood • (310) 900-4710
Serving the *Best Start* Watts/Willowbrook, Compton/
East Compton, West Athens, Broadway/Manchester
and South East LA County Cities communities
- **St. Mary Medical Center**
Long Beach • (562) 491-4841
Serving the *Best Start* Central Long Beach, Compton and
Wilmington communities
- **Torrance Memorial Medical Center**
San Pedro • (310) 514-5444
Serving the *Best Start* Central Long Beach and
Wilmington communities
- **Valley Presbyterian Hospital**
Van Nuys • (818) 781-8120
Serving the *Best Start* Panorama City & Neighbors
communities
- **White Memorial Medical Center**
Los Angeles • (323) 260-5712
Serving the *Best Start* East LA and
South East LA County Cities communities

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