

## Other Related services

**Healthy Families Illinois**—support services for young moms and dads focusing on parent-child interaction, growth and development, both prenatally and after delivery. Call 815-235-8356

**WIC**—Nutrition counseling, breastfeeding and referral services. Call 815-235-8360



**Family Case Management**—Provides resources and support to parents and families. Call 815-235-8390

**Family Connects Illinois**—all families who live in Stephenson County are offered a one-time home visit with a pediatric nurse as a supplement to their physician visit. Call 815-801-8281

*For donations to assist parents and support programs, contact Dana at 815-599-8404*

Make sure you ask about the following:

- ◆ Belly Casts
- ◆ Prenatal Classes
- ◆ Breastfeeding support
- ◆ Car seats, and
- ◆ Baby's first photo album!

Don't miss the chance to make a doula part of your Medical Team!

For information  
CONTACT

Program Manager  
Barbara Davis  
815-235-8356



MISSION STATEMENT:

The Stephenson County Health Department is dedicated to protecting the citizens of Stephenson County against preventable disease, morbidity and a variety of health-related issues, by promoting health, fitness and public awareness.



▶ SCAN ME

**Promoting a positive childbirth experience for our program participants**

# Healthy Families Illinois Doula Program



A doula is trained and experienced in supporting women and their partners and families during childbirth.

**Doula Services**  
**At the Stephenson County**  
**Health Department, we**  
**provide the following**  
**services free of charge to**  
**Doula participants:**

Prenatally (Before Birth)

The Doula provides enhanced education to the parent and the family regarding labor and delivery. The Doula will begin visiting the mother in her last trimester. Some topics covered include:

- Physical changes for mother
- Baby development
- Healthy eating
- Healthy lifestyle
- Relaxation and comfort measures
- Development of a birth plan
- Labor and delivery options



Our goal as your Doula is to help you have the most satisfying birth experience possible—as you define it.

Intrapartum (During the birth)

The Doula's role is to provide a sense of direction and comfort. She is able to assist with the direction of the mother in the following ways:

- Relaxation techniques
- Comfort measures
- Reading the mother's cues and responding to her needs
- Guiding and assisting support partners



Post partum (After Delivery)

For eight weeks after delivery, the Doula will assist the family by providing support and education to make the parenting experience less stressful and more rewarding. She is able to provide valuable information about the following topics:

- Bonding
- Newborn care
- Feeding baby—breast and/or bottle
- Family Administered Neonatal Activities (FANA)
- Family Planning

*Birth is not only about making babies. Birth is about making mothers—strong, competent, capable mothers who trust themselves and know their inner strength.*

*- Barbara Katz Rothman*

A calming presence,  
A gentle touch,  
Encouraging words,  
The beginning of a new life for everyone!!

Prenatal Support Groups

Prenatal support groups are held throughout the year. This class is exciting because it provides parents and their families an opportunity to learn many new things and meet others who are also expecting a baby. Some topics to look forward to are:

- Nutrition
- Labor & delivery
- Methods of relaxation
- Enhancing the birth experience
- Taking care of yourself
- Comfort measures
- Family Planning/Birth control

**Best of all . . . These Doula services are free to families that qualify and keep home visits.**

***Space is limited.  
Grandparents/Dads welcome!***