

Babies First! Program

The nurse can follow your pregnancy and child's growth from birth up to age 5 if possible. The nurse will:

- Plan with you for a healthy pregnancy
- Discuss your diet during your pregnancy
- Share information you need about being pregnant, your growing baby and labor/delivery
- Plan with you for the first few months after the birth of your child
- Discuss how to feed your infant and educate on breast and bottle feeding
- Can check your baby's developmental milestones as they grow for the first three years
- Suggest ways you can help your child grow and learn
- Make sure your baby can hear and see and that teeth are coming in well
- If any problems occur, the nurse will put you in touch with others who can help

[Oregon Public Health - Babies First!](#)

[Breastfeeding Your Baby](#)

If you are a professional who would like to refer Clients to our programs, see forms at the bottom of this page and fax to (503) 325-8678.

Supporting Documents

[Babies First! & Pregnancy Referral Form 633.3 KB](#)