

# Congrats on your pregnancy!

*...what's next?*



The VNA of Cape Cod offers **free prenatal home visits** for expecting mothers from a specially trained Maternal Child Health Nurse. Our goal is to support you in your pregnancy and to help prepare you for the birth of your baby and beyond.

## **This service includes, but is not limited to:**

- Information about pregnancy and postpartum
- Individualized assessment of needs and concerns
- Follow-up support in the comfort of your home
- Work in conjunction with your healthcare team
- Nutrition and perinatal mental health education
  - Preparation for lactation journey
- Connect with appropriate Community Resources
  - Interpreter Services available

If you would like a visit or to get a translated version of this information, please contact your provider or call the VNA at **(508) 957-7627**



VISITING NURSE ASSOCIATION  
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