



Congratulations, you're having a baby!

We would like to welcome you to our Baby Luv program. You're at the beginning of an incredible journey and you'll get an amazing reward at the end. As you prepare to welcome your new baby, we're here to give you the care and support you need for a happy, healthy pregnancy. Patients participating in the Baby Luv Program will receive incentive points for completing each of the 4 assessment appointments: Initial Assessment, 2nd Trimester Assessment, 3rd Trimester Assessment, and a Postpartum Assessment. These incentive points can then be used in our Baby Luv store for baby items.

If you have any questions before your next appointment, we can be reached Monday through Friday 8 am to 5 pm at 530-863-4681. Below are links to some helpful resources.

Information on the California Prenatal Screening Program

<https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/patientinformation.aspx>

Text4baby

Text4baby is a free service for pregnant women. Information on maternal and child health is texted to your phone weekly and is based on your due date or your baby's birth date. Information includes prenatal care and developmental milestones. Signing up is easy! Go to www.text4baby.org or simply text the word BABY (or BEBE for Spanish) to 511411.

Kick Counts

Counting kicks is a simple way to monitor your baby's well-being. Expectant parents should begin counting at the start of the third trimester. Download the free Count the Kicks app. It will help you record how long it takes your baby to get to 10 movements, tracks changes over time, and reminds you when to count again. Download the app here - <https://countthekicks.org/download-app/>
Watch this how to video - <https://www.youtube.com/watch?v=7Ymw02bA8Wo>

WIC

The WIC program helps pregnant women, new moms, and young children eat well, stay healthy, and be active. To learn more about the program, see if you are eligible, and find out how to apply in your county, click here: [How Can I Get WIC? - California Women, Infants & Children Program](#)

CalFresh

Cal Fresh is a federally mandated program that provides monthly food benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels. To apply click here: GetCalFresh.org

*If you have any questions about WIC or CalFresh give us a call at 530-863-4681. We can connect you to staff in the Care Coordination department at Chapa-De who can answer your questions and help you apply.