

Guide to Pregnancy & Family Resources and Supports



Family Supports for Pregnancy and Beyond

Children's Special Health Care Services

Indiana Children's Special Health Care Services (CSHCS) provides medical coverage to help families of children ages birth to 21 years who have serious, chronic medical conditions. The program can help pay for treatment related to the child's condition. [See if you qualify here.](#)

MOMS Helpline

Moms Helpline is a information and referral helpline for pregnant women and young families. Moms Helpline provides free pregnancy information, local resource connections and home visiting referrals for all Indiana families. **Call 1-844-624- MOMS (6667)** or visit in.gov/health/mch/moms-helpline/

WIC

[WIC](#) provides free healthy foods, breastfeeding support, nutrition education, and community referrals to families during pregnancy and early childhood.

Home Visiting

Home visiting programs throughout Indiana aim to support child and family development through the approach of building positive parent-child relationships, child health and well-being, parent health and well-being, school readiness, and self-sufficiency of family economics. [Find home visiting programs near you!](#)

Housing

[Maternity Homes in Indiana | Pregnancy Help in IN](#) , **Call the helpline at 800-723-8331.**

[Hannahs House Michiana - Hannah's House of Michiana | Maternity Home](#)

Healthy Beginning at Home: [Qualtrics Survey | Qualtrics Experience Management](#)

Housing Justice Support: [Housing Justice — Indiana Justice Project](#)

Nutrition and Food Security

If you are experiencing food insecurity, there are several programs like [SNAP](#), [WIC](#), and [Commodity Food Programs](#) that can provide free food for individuals and families in need.

Guide to Pregnancy & Postpartum Resources and Supports



Pregnancy and Postpartum

Prenatal Care

Folic acid/prenatal vitamins: Taking a prenatal vitamin with the recommended 400 micrograms (mcg) of folic acid before and during pregnancy can help prevent birth defects in your baby's brain and spinal cord.

Prenatal appointments: Early and regular prenatal care can help detect and prevent many health issues during pregnancy and increases the chances of a healthy pregnancy and delivery.

Violence Prevention

To locate domestic violence services and programs in your area, click here: [ICADV – Indiana Coalition Against Domestic Violence](#)

Mental Health/988

If you or someone you know is experiencing a mental health or substance use crisis, you can **call or text 988 from anywhere in Indiana 24/7**.

Postpartum Support International offers over 50+ free online support groups. To find one, click here: [Weekly Online Support Group | Join a Free Group Today](#)

Substance Use/Pregnancy Promise

The [Indiana Pregnancy Promise Program](#) is a free, voluntary program for pregnant Medicaid members who use opioids or have used opioids in the past.

Bereavement support

The Milk Bank offers bereavement support for lactating mothers. [Click here to learn more.](#)

For financial support: [Love, Lucas](#)

[Home | rememberingrowan](#)

[Hayden's Helping Hands - Hayden's Helping Hands](#)

More support groups and resources:

[Resources | Grief Support Guide](#)

[Kate Cares Stillbirth Assessment Program | Riley Children's Health](#)

[Brooke's Place](#)

[Indiana Resources – Amos' Anchors](#)

care, and Safety Resources and Supports



Education & Childcare

Head Start/Early Head Start

Head Start is a federal program that promotes the school readiness of children under five from low-income families by enhancing their cognitive, social and emotional development.

Early Head Start serve infants and toddlers under the age of 3, and pregnant women. EHS provides child development and family support. [To find a program, click here.](#)

First Steps

First Steps is Indiana's early intervention program that provides services to infants and toddlers from **birth to third birthday** who have developmental delays or disabilities. [Learn more here!](#)

Childcare assistance

The Child Care and Development Fund (CCDF) is a federal program that helps low-income families pay for child care. This program also makes child care more available, affordable, and improves quality for families. [Click here to learn how to apply.](#)

Safety

Car Seats

Child safety seats are not all the same. The type of seat your child needs will vary depending on several factors, including your child's age, size, and developmental needs. One of the main things to remember is to keep children rear-facing as long as possible - never place a rear-facing safety seat in the front seat. Learn more about car seats [here.](#)

Lead and Healthy Homes

Lead is a toxin that is particularly dangerous to children younger than 7 years of age. Lead poisoning happens when too much lead gets into the body. For kids, exposure can happen when they breathe in or eat or drink something contaminated by lead. Talk with your health care provider today if you have any questions and about getting your child tested. Learn more about lead [here.](#)

Home Safety

To ensure safety at home for kids, prioritize securing hazardous areas with baby gates, keeping dangerous items like chemicals and sharp objects out of reach, using outlet covers, checking water temperature before baths, installing smoke and carbon monoxide detectors, and teaching children about basic safety rules. Learn more about home safety [here.](#)

Well Child Visits

Pediatrician visits are just as important for healthy children vs. when they are sick. [Click here](#) for a schedule of screenings and assessments recommended at each well-child visit from infancy through adolescence.

Guide to Infant Health Resources and Supports



Infant

Newborn Screening

Newborn screening is a set of three screens that help identify babies at risk for certain conditions. A newborn baby may look healthy but can have a serious condition that cannot be seen. Indiana screens for a number of conditions. Learn more about newborn screening [here](#).

Immunization Schedule

Immunizations protect individuals and communities from serious diseases by safely stimulating the immune system to recognize and fight specific pathogens. Learn more about immunization schedules [here](#).

Birth Certificates

Birth certificates are available for order through the Indiana Department of Health and local health departments. For more information click [here](#).

Safe Sleep

The safest place for an infant to sleep is on their back, on their own firm sleeping surface. Learn more about safe sleep [here](#).

Breastfeeding

Breastfeeding provides all of the essential nutrients an infant needs for the first six months of life and beyond. Human milk contains powerful antibodies, decreases the risk of diabetes and other chronic illnesses, is a protective factor against SIDS and SUID, and has a positive effect on cognitive development.

Breastfeeding has many benefits to maternal health! Lactation support is available through WIC, Indiana Breastfeeding Coalition, doula support, and your local La Leche League chapter.: [La Leche League of Indiana | Offering peer to peer breastfeeding support for over 60 years](#)

Developmental milestones

Almost everything your child does can offer a sign of development. [Click here](#) to learn the highlights of CDC milestones to be aware of during the first year of development.