



n Buen Comienzo

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The prenatal program, *Un Buen Comienzo*, offers education about pregnancy, parenting, and early childhood development. Home-based and tailored to a woman's individual needs, the program teaches women about:

- prenatal care, • the signs and symptoms of high risk pregnancies, • nutrition, • exercise, • changes in the body, • labor and delivery • parenting, • childhood developmental milestones, • car seat safety, • child safety, • breastfeeding, • family planning, • allergens, • immunizations, • lead and poison awareness, and many other topics.

Women are given emotional support throughout their pregnancy, and for a period of up to two years after delivery, if requested.

To reduce problems like low birth weight and preventable childhood illnesses, promotoras also help mothers enroll in programs such as KIDS' CARE, AHCCCS and other community resources.

A list of recommended screening examinations, adult and child immunization schedules, and a directory of community resources is given to each new parent.

For more information please call promotoras de salud, Leonor Sesteaga or Gloria Rosas, trained childbirth assistants and lactation counselors.



THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

125 E. Madison Street
Nogales, Arizona 85621

Phone: (520) 287-2240
Fax: (520) 287-2246
Email: wayheart@theriver.com

