



Maternal Child Services will make a positive influence in your life!!!

Take advantage of our

FREE SERVICES



PICK UP THE PHONE AND CALL US!!

Des Moines Valley Health and Human Services

Jackson Office
402 White Street
Suite 401
Jackson MN 56143
Windom Office
235 9th Street
Windom MN 56101



Maternal Child Public Health Nursing Services



Serving Jackson & Cottonwood Counties



Des Moines Valley Health and Human Services

Phone:
Jackson (507) 847-2366
Windom (507) 831-1987

Maternal Child Public Health



MATERNAL HEALTH

Providing guidance and health education to women throughout pregnancy and postpartum.

Prenatal and Postpartum services:

In home or in office visits to provide pregnancy information:

- Normal changes in pregnancy
- Nutritional facts during pregnancy
- High risk pregnancy signs and symptoms
- Breastfeeding vs Bottle feeding and what is best for you.
- Fetal growth and development
- Stages of labor
- Preparing you for the birth of your child.
- Postpartum depression

NEWBORN & CHILD HEALTH

We can provide you with help once you get home from the hospital and until your child goes to preschool.

- Weight and growth checks
- Help with nutrition concerns
- Growth and development ideas and activities
- Car seat education
- Blood lead level education
- Parenting concerns
- Children with special needs
- Directions to other community resources
- Childhood safety
- Dental varnishing and health



Child and Family Services

Additional Health Services

- Immunizations
- Childhood health status, nutrition, growth and development, safety and parenting concerns
- Help Me Grow Program
- Follow Along Program
- Parenting and health education classes
- Collaborate with other community agencies

We have information available for :WIC, Head Start, Early Childhood Family education, Minnesota CARE, Family support programs.

HOW DO YOU RECEIVE SERVICES????

YOU may request services yourself.

YOU may be referred by your provider, the hospital you delivered at, or from other community resources.

There are **NO CHARGES** for our services.