

Resource: PRENATAL CARE

Free Ultrasound

First Care Clinic Call us 24/7 at 608-259-1605 for an appointment.

First Care Clinic can provide a Medically Indicated Ultrasound, free of charge, to: Confirm your pregnancy

Estimate gestational age

Determine viability

A urine test alone does not determine if a pregnancy is viable or not. A urine test will detect the presence of the hormone HCG which is present during a pregnancy. This hormone can be present up to 6-8 weeks following a miscarriage. Up to 30% of pregnancies can end in miscarriage.

Temporary Supportive Housing

The Elizabeth House

Call (608) 259-1605 ext. 205 to inquire about openings

Care Net's residential program, The Elizabeth House, supports pregnant single mothers ages 18-26. For nine to twelve months, we provide a safe and secure environment for mothers to become emotionally healthy and self-sufficient members of the community, while building life skills that will enable each young mom to secure employment, housing, manage money and foster sound decision making while learning effective parenting skills.

Pregnancy and Infant Care Classes

First Care Clinic in the Care Net 1350 MacArthur Road Madison, Wisconsin

To register or for more information, please call 608-259-1605

Pregnancy & Infant Care

Pregnancy and Infant Care are filled with lots of uncertainty. This program helps to answer many of the questions you have and ease your anxiety. Our Best Beginnings program is designed to support you during pregnancy and through the first months of parenthood.

Best Beginnings offers over 90 different topics that new parents will find very helpful including pregnancy, health related issues, breast feeding, labor and delivery, care of your newborn, bonding, discipline and safety issues. With each session you attend, you earn vouchers which can be used in our Beginnings Boutique to acquire new baby and maternity items or personal items for mom and dad! Many people want to learn how to be good parents and raise a healthy, happy child.

The Best Beginnings program is very flexible. You choose only the classes you wish to take and classes are scheduled when it is convenient for you. You may choose to take 3, 20, 50 or any number of the available topics. You will be paired with a clinic nurse or a parenting advocate who will provide you with the support and resources you need during this time of transition and change. Together you will decide which lessons are important to you and she will cover the lessons that meet your individual learning needs.

The lessons are fun, motivating and practical. We can help you learn how to be the best parent you can be!

Childbirth Classes

First Care Clinic in the Care Net 1350 MacArthur Road Madison, Wisconsin

To register or for more information, please call 608-259-1605

Childbirth Education

These classes are designed for women and couples who may feel more comfortable attending classes with others who may be facing similar life situations. Some women attending may be going into a pregnancy alone, may be very young birth moms, may not be able to afford to pay for classes, may be planning on parenting or may be placing their newborns for adoption.

Whatever your situation, you will find a caring and supportive environment to learn about pregnancy and childbirth. Feel free to attend with a friend or your partner.

Week 1 includes the car seat class. Instruction on Safe Sleep, Infant CPR and basic first aid is covered during Week 3.

Our classes are free of charge. Those who attend will earn vouchers which can be used in our Beginnings Boutique to acquire needed maternity, baby and personal items.

Upcoming classes:

Winter 2017: February 7, 14, 21 and 28

Spring 2017: April 4, 11, 18 and 25

Summer 2017: July 11, 18 and 25 and August 1

Fall 2017: October 3, 10, 17 and 24

All classes are held on Tuesday evenings from 6:30 to 8:30 pm. Dates subject to change based on volunteer instructors' availability. Additional classes may be added as needed.

Healthy Mothers, Healthy Babies, Healthy Families

Dane County Public Health

Call (608) 266-4821 for more information.

The goal of PHMDC Pregnancy Services is Healthy Mothers, Healthy Babies, Healthy Families. Public Health provides free help and support to pregnant women through two programs:

Nurse-Family Partnership Program: Provides frequent public health nurse visits during pregnancy and until the baby is 2 years old. This service is for first-time moms.

Prenatal Care Coordination: Provides monthly public health nurse visits during pregnancy and until the baby is 2 months old.

Both programs provide services needed to have a healthy pregnancy and healthy baby:

Health assessment.

Help with finding a prenatal health care provider.

Help with finding free or low-cost health insurance for themselves and their families (Badgercare Plus, Medicaid).

Help with finding needed community services.

Help with transportation to medical appointments.

Information on good nutrition and health habits while pregnant, labor and delivery, infant care, feeding your baby, parenting, child development and safety.

Information on pregnancy planning, birth control, preconception and interconception health (between pregnancies).

Information on staying alcohol and tobacco free during pregnancy.

Help finding treatment for alcohol, tobacco and other drug use.

Help finding shelter from domestic abuse.

Breastfeeding education and support.

Interested in one of these programs?

Project Babies

Contact Jeanne Erickson (608) 770-2049

jeanne.erickson@projectbabies.org

<http://www.projectbabies.org/>

Call Jeanne and she will meet you at the hospital advocate for you and your baby, get you the car seat you must have to leave the hospital with the baby and many other things you will need for you new little one!

The Pregnancy Information Center

1974 S. Stoughton Rd. Madison

608-222-0008

<https://www.pregnancyhelpline.net>

Sharing Center

Sharing Center Open Hours:

Tuesdays: 5 pm – 7 pm

* Saturdays 9 am until noon Allowed to visit **one time per month, no appointment required**

**except holiday weekends*

What can you get each month at the Sharing Center?

- **Free** used baby items.
- **No car seats available.**
- Clients are welcome to come **once a month** to take:
 - 1 bag of clothing (preemie to 4T and maternity clothes)
 - a variety of baby and nursing items
 - 1 bundle of 50 diapers
 - 1 can of formula
 - 1 piece of equipment

Registration with any form of ID is required. No other information is needed to register.

Other Pregnancy Information Center programs

Baby Care Package:

Call 608-222-0008 to receive a Welcome Baby package.

Baby care packages include new gender specific and seasonal items. The care package may include items like onesies, sleepers, outfits, bibs, bottles, wipes, toys, and blankets. The package will be delivered to you directly at home or you can receive it at local hospitals post-delivery.

Safe Sleep: New pack-n-play delivered directly to your home once you have your baby. No financial qualifications. No deliveries outside of Dane County.



Call our Helpline at: 608-222-0008. Our helpline is staffed by volunteers that can provide resources and support.