



Washita Valley Community Action Council Early Head Start Expectant Families Program

The Expectant Families Program was developed to work with families of Grady and Caddo counties. A licensed LPN works with expectant families throughout the pregnancy providing prenatal resources, guidance, and support through monthly visits using our prenatal curriculum "Partners For A Healthy Baby". Our services include prenatal education on the following.



- **Fetal Development**
- **Week by week pregnancy guide**
- **How to prepare other children for a new baby**
- **Stress and parenting**
- **Health and nutrition during pregnancy**
- **Labor and delivery**
- **Postpartum Recovery**
- **Help with doctor's appointment when needed**

A healthy pregnancy has a direct effect on the health and development of a newborn child. Early Head Start strives to have the greatest impact on participating children by offering supportive services as early in life as possible. Research shows that it is important to play an active role in the baby's growth and development during pregnancy.

For more information about the Expectant Families program, please call.

Washita Valley Community Action Council Office: 205 West Chickasha Ave.
(405) 224-5831 **Chickasha Early Head Start:** 1304 S.6th Street. (405) 224-3471

(Washita Valley CAC Early Head Start enrollment is based on qualifying criteria, including income.)