



The mission of *Good Beginnings for Babies* is to promote healthier pregnancies that will result in healthier babies and to nurture relationships between parent and child.

*Good Beginnings for Babies* supports teens prior to the birth of their child and throughout the first year of the child's life.

Whether you are pregnant or have recently given birth, *Good Beginnings for Babies* offers you the following free services:

### ***Home Visits/Development Visits***

Prearranged visits by a parent educator to share information and resources about parenting. Monthly assessments that monitor mother and child's physical and emotional development.

### ***Socialization Activities***

Playing with others helps children learn. Families come together to meet others, enjoy a snack, play and create lasting memories.

### ***Community-Based Group Sessions***

Weekly prenatal and parenting groups to provide education and peer support.

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

### ***Good Beginnings for Babies***

A FREE PROGRAM OF NORTH SHORE  
CHILD & FAMILY  
GUIDANCE CENTER

Held at:

The Leeds Place  
999 Brush Hollow Road  
Westbury, NY 11590

**For information or to schedule an appointment,  
call Dr. Nellie Taylor-Waltrust,  
(516) 997-2926, ext. 229.**

Good Beginnings for Babies is supported by  
the Nassau County Department of Health  
along with generous donors.

Licensed and supported by: Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services; New York State Office of Mental Health; New York State Office of Alcoholism and Substance Abuse Services. Supported by: New York State Office for People with Developmental Disabilities; New York State Office of Children and Family Services; Nassau County Department of Health; United Way of Long Island; Great Neck Community Fund; Community Chest of Port Washington; and Manhasset Community Fund.

## ***Good Beginnings for Babies at North Shore Child & Family Guidance Center***

FOR PREGNANT AND PARENTING  
TEENAGERS AND YOUNG ADULTS  
AND THEIR BABIES



Are you a pregnant teenager or a new young mother? Feeling alone, isolated and scared? We are here for you with a comprehensive, free program to help you through this important, challenging time.

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

In weekly prenatal and parenting groups, teens receive education on issues such as nutrition, breastfeeding, newborn care and perinatal mood disorders.

We discuss topics related to:

## *Pregnancy*

- A** Mother's health
- B** Physical and emotional changes
- C** Health of the baby
- D** Father's role
- E** Labor and delivery
- F** Attachment and bonding
- G** Perinatal mood disorders

## *Parenting*

- H** Ways to stimulate your child's learning
- I** Developmental stages of children
- J** Positive discipline strategies
- K** Local resources
- L** Tips for nurturing your child
- M** Educational opportunities



## *Birth Equity*

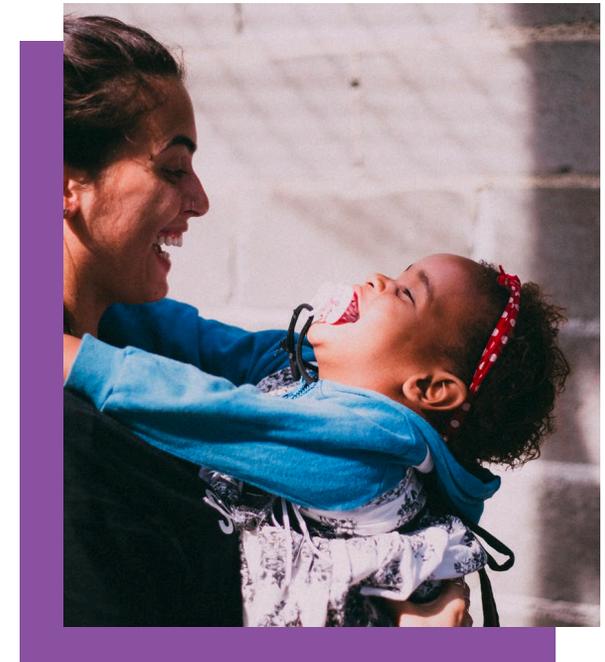
In certain Nassau County communities, black infants and their mothers have a higher rate of mortality than in the rest of the region.

We are determined to address this unjust discrepancy with educational programs, advocacy and support in typically underserved populations through our Birth Justice Warriors program.

We empower teen and young adult mothers by providing free services that address their emotional, social and physical needs, and educate them about their rights.

We treat women of color with dignity, respect and culturally relevant care.

To learn more about Birth Justice Warriors, contact Dr. Nellie Taylor-Walthrust, (516) 997-2926, ext. 229.



As the preeminent not-for-profit children's mental health agency on Long Island, North Shore Child & Family Guidance Center is dedicated to restoring and strengthening the emotional well-being of children (from birth – age 24) and their families.

Our highly trained staff of psychiatrists, psychologists, social workers, vocational rehabilitation counselors and other mental health professionals lead the way in diagnosis, treatment, prevention, training, parent education, research and advocacy.

For more than 65 years, the Guidance Center has been a place of hope and healing, providing innovative and compassionate treatment to all who enter our doors, regardless of their ability to pay.