



STORK'S NEST: PROMOTING HEALTHY MOTHERS AND HEALTHY BABIES

Stork's Nest welcomes all pregnant women who reside in Carroll County. Our goal is to support and encourage expectant mothers to improve their health and the health of their babies.

What is the Stork's Nest?

The Stork's Nest is an incentive program that provides encouragement for parents to meet the following outcomes:

- Early and regular prenatal care
- Participation in programs to increase healthy behaviors
- Attendance at classes on various topics related to pregnancy, infant care, and parenting
- Appropriate use of community services

Requirements to Enroll:

- You must be pregnant, preferable before 30 weeks gestation.
- You must agree to attend monthly education classes on various topics.
- You must come into the Stork's Nest store once a month to either document the points you have earned or spend them on items in the store. (The store is open only during special times, participants are always mailed a monthly letter detailing the dates and times the store is open as well as information on the education class to be held.)
- There is no cost to participate in the program. It is FREE!!

Stork's Nest Points Opportunities include:

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| ◆ Prenatal doctor visits | ◆ Post partum doctor visits | ◆ Childbirth education |
| ◆ Immunizations | ◆ Infant CPR | ◆ Counseling |
| ◆ Parenting classes | ◆ Home visits | ◆ WIC education |
| ◆ Stop smoking | ◆ No drugs or alcohol | ◆ Breastfeeding |
| | ◆ Continued education | |

Items available may include:

Diapers, educational toys, safety items, highchairs, books, exersaucer, pack'n'play, feeding supplies. Items change monthly.

HOW TO ENROLL:

Call 712-794-5279 and ask to speak to the Stork's Nest Manager. An orientation time will be set up with you. The Stork's Nest is located in the Luke Building just east of St Anthony Regional Hospital in Carroll. The address is 318 S. Maple, Suite #3, Carroll, Iowa, 51401

Stork's Nest is a Program funded through Partnerships 4 Families, CEA.

