

**All services
are free!**



Baby Slumber Program

The Baby Slumber Program is provided by grant funding through the March of Dimes.

The Healthy Start Program at the Alachua County Health Department provides the Smoking Cessation services as a part of Healthy Start Care Coordination.



Alachua County Health Department
John Henry Thomas, M.D. Health Center

Alachua County Health Department's
Healthy Start
Baby Slumber Program
Phone: (352) 334-7940
224 SE 24th Street
Gainesville, FL 32641



Alachua County Health Department's Healthy Start Baby Slumber Program

*A new way to help you
quit smoking and give
you and your baby a
healthy start!*



***Do you smoke?
Do you want to
quit?***

The Healthy Start Baby Slumber Program can help!

A Healthy Start Care Coordinator can meet with you one-on-one to provide services that will help you to quit smoking. You will learn about some proven activities that will help to soothe your baby and reduce some of the concerns you might have when you bring your new baby home.

Call **(352) 334-7940** and ask to be enrolled in Healthy Start's Smoking Cessation services!

Baby Slumber Program

The **Baby Slumber Program** works with pregnant women who smoke.



A **Healthy Start Care Coordinator** will meet with you and help you to work through the steps that will help you to either reduce the number of cigarettes you smoke or quit all together.

Healthy Start will give you gifts as you make progress in your efforts to quit. Some of the gifts include DVDs, books, and "SwaddleMe"



***You will learn
proven
methods to
soothe your baby***

- ⇒ How to calm your baby's crying
- ⇒ How to help your baby sleep longer

The **Healthy Start Program** also provides **Psychosocial Counseling Services** for help with depression or ways to deal with stress as you try to quit smoking.

**Alachua County Health
Department's
Healthy Start
Baby Slumber Program**

march  of dimes®