

# Dunn County Healthy Babies

## Be Good to Your Baby Before and After It's Born - Stay Away from Alcohol, Tobacco and Other Drugs!

Here are programs and services that can help provide education and health care to parents, pregnant women and children.

**WIC Program** - WIC provides information about nutrition and provides certain healthy foods for Women, Infants and Children. WIC serves women who are pregnant, nursing, or who have a baby within the last 6 months and infants and children up to 5 years of age. Contact the Dunn County WIC Program for eligibility at 232-2498 or 888-332-5768.



- **Public Health Clinic** - We can check your blood pressure regularly, provide health information, fluoride testing for private well water, fluoride varnish information/application, fluoride supplements for children, and TB skin tests.
- **Safe Kids Program** - We can check your child's car seat to be sure it is the right size and fits the car, car seat and bike helmet safety education. Car seats and bike helmets available for purchase.



## Dunn County Health Department

800 Wilson Avenue Fax: 715-232-1132  
Menomonie, WI 54751 WI Relay: 711  
715-232-2388 [www.co.dunn.wi.us](http://www.co.dunn.wi.us)

Call 232-2388 and make an appointment for the following services:

- **Prenatal Care Coordination Program** - Public Health nurses meet with pregnant women and their families to help them access appointments and provide a link to area resources, as well as education about a healthy pregnancy.
- **Immunization Program** - Free or low cost immunizations for children and adults in Colfax, Menomonie and Wheeler. Call 232-2388 to schedule an appointment.
- **Family Planning Program** - Confidential services for family planning, including pregnancy testing, women's health yearly exams, birth control, HIV testing, counseling and referral, and education for individuals and groups.
- **New Mom/New Baby Home Visits** - All Dunn County families that have a new baby will receive a phone call and be offered a visit from a Public Health nurse to discuss your family's adjustment to caring for a newborn, as well as Mom's recovery process and resources available to Dunn County residents. If we aren't able to reach you by phone, we will send a packet of resources and offer a home visit.
- **Day Care, Kindergarten and Sports Physical Exams.**

## Dunn County Human Services

**Healthy Start Program** - Pays for medical care for pregnant women, babies and young children. Even families with health care insurance may apply. Children ages 6 and older may be eligible, but must meet lower income levels. Most babies are covered until they are one year old, even if the family's income goes up. Contact Dunn County Human Services -- 232-7360 at the Job Center.



## BADGERCARE+ Health insurance for families and all kids

### BadgerCare Plus can provide health insurance coverage to:

- ALL children (birth to age 19) regardless of income
- Pregnant women with family income up to 300% of the Federal Poverty Level (FPL)
- Parents and relatives who care for a child with family income up to 200% of the FPL
- Parents whose children are in foster care with family income up to 200% of the FPL
- Farmers and other self-employed parents with family income up to 200% of the FPL

Please call Dunn Co. Human Services at the Dunn Co. Job Center - 715-232-7360

**Home Energy Plus Program** - A program that helps you pay the cost of heating your home. It provides a one-time benefit per heating season. To make an appointment, please call 232-1116.

**Birth to Three** - For children ages birth to 3 years and their families. A program to help meet the needs of children who have delays in development, health difficulties, are premature or have other special needs. The program is available to all Dunn County residents of any income level. Home visits by teachers, toy lending, speech therapy and occupational therapy are all available. Contact Dunn County Human Services - 232-1116.

**FOODSHARE:** Food Distribution sponsored by the Food Harvest Ministry at Boyceville Community Center. No requirements and no questions asked. If you eat you qualify. All food is surplus, some perishable that otherwise would be wasted!!!! There is a monthly date of distribution. Please bring bags or boxes to carry your food. If you have questions: Contact LuAnn Hall for dates and info 643-2350.

## Red Cedar Medical Center

*Mayo Health System*

**Family Birth Suites** - Red Cedar Medical Center—Mayo Health System offers complete family oriented obstetrical and gynecological services. Family practice physicians, obstetricians and a pediatrician provide care at Red Cedar Medical Center.

- A variety of childbirth education classes are offered.
- Individual prenatal visits are scheduled with an obstetrics nurse prior to delivery as part of your complete obstetrics care.
- Follow-up telephone calls by a registered nurse are completed 24 to 48 hours after discharge or an outpatient postpartum / baby assessment visit will be scheduled with a registered nurse in the Family Birth Suites 1 - 2 days after discharge.
- Certified breast-feeding educators are available for individual consultations and support after birth. A complete line of Medela breast pump supplies are available.

Contact Family Birth Suites at Red Cedar Medical Center for more information at 715-233-7237.

See your physician to begin early pre-natal care. Schedule routine "well child" check ups. Keep your baby up to date on immunizations.

<b>Menomonie</b>	<b>Elmwood</b>	<b>Glenwood City</b>
2211 Stout Road Menomonie, WI 54751 (715) 235-9671 1-800-236-9671	236 E. Springer Ave Elmwood, WI 54740 (715) 639-4151	219 E. Oak Avenue Glenwood City, WI 54013 (715) 265-7321

## *Menomonie Head Start*

**Early Head Start** -- Provides health, nutrition and developmental services to income eligible pregnant women and families with children to age 3. This is also available in Colfax at 962-3891.

**Head Start Preschool Program** - Serves eligible children ages three to five in a classroom setting.

**Parenteen** - A program designed especially for teenage parents includes free childbirth preparation classes, meals and parenting support activities. Contact Beth Neverdahl at 235-9122 to participate.



**Arbor Place** - Give your baby a better chance to be born healthy... If you are drinking alcohol or using other drugs ... STOP NOW. Arbor Place offers affordable, supportive counseling and prevention services to residents of Dunn County. Call 235-4537 for more information.



Government Center  
800 Wilson Avenue, Rm. 330  
Menomonie, WI 54751  
715-232-1636

- **"Parenting the First Year" and "Parenting the 2<sup>nd</sup> and 3<sup>rd</sup> Years"** - Two 12-issue newsletter series which explain normal development for that age, what to expect from baby, and how to aid baby's growth. Parents of newborns at Red Cedar Medical Center-Mayo Health System receive the series through a project sponsored by a variety of community and government groups.
- **Education** - Dunn County UW-Extension hosts a wealth of information related to numerous topics, including building strong families, parenting, child development, discipline tactics, dealing with stress, and financial management/budgeting. Nutrition and budgeting for food dollar information is also available through the UW-Extension Wisconsin Nutrition Education Program.



**Great Rivers 2-1-1:** Formerly First Call For Help, provides free, confidential community information, referrals and crisis line services 24 hours a day.

[www.greatrivers211.org](http://www.greatrivers211.org) [gr211@gundluth.org](mailto:gr211@gundluth.org)

Dial 2-1-1 or (800) 362-8255

TTY (866)884-3620

Toll Free in Wisconsin, Minnesota and Iowa