



Perinatal Pathways

Maternal Child Health

Prenatal Support

- Information about pregnancy and postpartum
- Individualized assessment of needs and concerns
- Nutrition education
- Mental health education
- Connection with appropriate community resources

Postpartum Support

- Assessment of parent and baby - including vital signs
- Baby weight checks
- Specialized feeding support via certified lactation counselors

Additional Support

- Perinatal Loss Support Groups
- Baby Clinics at A Baby Center (Hyannis)
- Exercise programs specifically geared towards prenatal and postnatal mother

www.capecodhealth.org/perinatal-pathways

Phone: 774-487-4758



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