



WHAT WE DO AT LOVING STEPS

1. Services provided:
 - Prenatal and postpartum education
 - Health risk assessment and referrals
 - Infant developmental screenings
 - Screen for depression, domestic violence, substance abuse, and developmental delays, with referral as needed
 - Monthly Support Group

2. We serve the following:
 - Pregnant women of any age in their first trimester of pregnancy who have unmet needs
 - Infants from birth to two years of age who live in Norfolk and have nutrition needs.
 - High risk infants who live in Norfolk.
 - Pregnant women with high risk medical and/or nutritional risks.

3. What do we do:
 - In-home visits to answer questions and give support
 - Give mentoring support throughout the pregnancy and after delivery until infant is two years old.
 - Resource Mothers can provide transportation to essential appointments if needed.
 - Help you to understand directions from health care providers.
 - Teach stages of infant development - prenatal and postpartum
 - Teach self care
 - Teach about infant/child care
 - Learn about healthy foods for you and the baby.
 - Support while breastfeeding
 - Nursing Consultation Services

We do not charge or bill for our services---all services are free.