

To request Maternal Child
Health Services, please
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Maternal Child Health Services

➤➤➤ Sarpy/Cass Department of Health
and Wellness



**A public health approach to
building healthy families**

The Sarpy/Cass Department of Health and Wellness offers a variety of Maternal Child Health Services to our community. Our goals are to promote healthy families, empower parents through education and support, improve breastfeeding success, and develop community connections.

Maternal Child Home Visiting

Maternal Child Home Visiting has been shown to be an effective way to support families by providing information and support during pregnancy and throughout the critical development of a child's first years.

Our maternal child health nurses use the Growing Great Kids™ curriculum, which is a strengths-based approach to developing the nurturing parent-child relationship essential to early childhood development. The curriculum includes child development activities, as well as family-centered modules that can be chosen to best meet individual families' goals.

The Maternal Child Home Visiting program sees women during pregnancy and families parenting children up to age three.

Breastfeeding Support Services

Our Maternal Child Health Nurses are Certified Lactation Counselors with experience helping many women successfully breastfeed.

Lactation support is available via individual in-office consultation, community breastfeeding support groups, and workplace lactation support programs.

Breastfeeding has been shown to provide numerous benefits, both to babies who are breastfed and to their mothers.



Sharing and Caring

Education and support on a variety of pregnancy- and parenting-related topics is available through the Sarpy/Cass Department of Health and Wellness's Maternal Child Health program.



Common topics include: having a healthy pregnancy, well-child visits and immunizations, breastfeeding benefits, and tobacco-free pregnancy. Classes and presentations can also be developed to meet a range of needs or interests.