

CARING FOR NEW MOMS



Giving birth can be overwhelming with many questions to follow. Methodist Fremont Health Mom & Baby Home Care program is designed to answer those questions and meet the needs of mom and baby in their home.

The goal of this service is to check on the health of mother and baby, answer questions about health concerns and/or infant care, and arrange ongoing support through community services. Visits are provided by a registered nurse and medical social worker.

Free for those referred by a physician, Mom & Baby Home Care helps assure parents that their home is safe for a newborn and that caregivers are educated about how to keep babies safe and healthy.



This service is especially helpful for very young moms or moms who may be struggling due to socioeconomic status.

The nurse will:

- Ask you about how you and your baby are doing
- Weigh and do a physical exam on your baby
- Discuss well-baby care and immunizations for your baby
- Provide information about ways to keep your baby safe at home, in the car and at other places
- Talk to you about ways to keep your baby healthy, including taking care of baby's skin, mouth, umbilical cord, circumcision, and the signs and symptoms of illness
- Offer support for feeding/breastfeeding baby

The social worker will:

- Assess strengths and challenges and advocate for mom and baby
- Offer education on child development
- Assist with getting healthcare provider appointments for you and your baby
- Provide information about self-care for mom and offer emotional support
- Refer you to other community resources as needed (WIC, local parenting and support groups)

The Mom & Baby Home Care service is not for infants who are sick or require specialized home medical care. Physician referral is required.

Methodist Fremont Health Mom & Baby Home Care services are provided at no cost, thanks to the generous support of the Fremont Health Foundation.

HOME CARE

2400 N Lincoln Ave, Suite B
Fremont, NE 68025

Call (402) 941-1699 to learn more
about mom and baby home care.

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Mom & Baby Home Care

Well-baby Maternal/Child Services

