

MOM AND BABY GET A SPECIAL GIFT AT THEIR FIRST VISIT!

**Health Center #2**

1720 S. Broad Street, 19145  
215-685-1803

**Health Center #6**

321 W. Girard Avenue, 19123  
215-685-3803

**Health Center #3**

555 S. 43rd Street, 19104  
215-685-7504

**Health Center #9**

131 E. Chelton Avenue, 19144  
215-685-5701

**Health Center #4**

4400 Haverford Avenue, 19104  
215-685-7601

**Health Center #10**

2230 Cottman Avenue, 19149  
215-685-0639

**Health Center #5**

1900 N. 20th Street, 19121  
215-685-2933

**Strawberry Mansion  
Health Center**

2840 Dauphin Street, 19132  
215-685-2401

*Services provided by the Philadelphia Department of Public Health and this health center.*



Expecting a baby? We can help.



1101 Market Street | 9th Floor | Philadelphia PA 19107

215.685.5225 | [www.phila.gov/health](http://www.phila.gov/health)

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 Care for your baby at the Philadelphia Health Centers

## PLANNING FOR YOUR NEW BABY

CONGRATULATIONS—you are about to have a new baby! Now is the time to make plans to protect your baby's health.

We can help you give your baby a healthy start in life. Our doctors and nurses are experts in health care for babies. They will provide the best care for you and your baby.

### Services at health centers . . .

- Well child care and check-ups
- Immunizations (shots)
- Walk-in services if your baby is sick
- Tests for lead poisoning
- Help with getting medical insurance
- Doctor on-call 24 hours
- Evening hours and much more!

### Before your baby is born . . .

- Set up an appointment to see a pediatrician (baby doctor) at the health center. Bring a list of questions with you.
- Ask questions about breastfeeding. Breast milk is best for your baby.
- Get a car seat to bring your baby home. Need help getting a car seat? Call 215-685-2788.
- Get a crib so your baby can sleep safely on his or her back. Need help getting a crib? Call Cribs for Kids, 215-989-3589.



#### DON'T FORGET...

Please bring any health insurance information you have, along with something that shows you live in Philadelphia (like a driver's license or electric bill).



### After your baby is born . . .

- If you are breastfeeding, bring your baby to the health center 2-3 days after you leave the hospital.
- If you are not breastfeeding, bring your baby to the health center 7-10 days after you leave the hospital.
- The best time to come is at 9 am or 1 pm. You will be seen more quickly at these times.

### If your baby is sick . . .

- If your baby is sick, or if you are worried about your baby, bring him or her to the health center as soon as you can.
- The best time to come is between 8 am and 9 am. If you think it is an emergency, call 911 or go to the emergency room.

