



SMART START

What is SMART START?

Smart Start is a Delaware Division of Public Health evidence-based home visiting program for pregnant women and young children. Using the Healthy Families America model, Smart Start offers special services to help women have healthy babies and raise healthy children. Services include home visits to teach new mothers and mothers-to-be about pregnancy, labor and delivery, and caring for children.

Consider Smart Start services if you:

- Are pregnant
- Have questions about how to care for yourself during your pregnancy
- Need information about taking care of a baby
- Have a young baby

Services provided:

You will receive home visits from a registered nurse, social worker or nutritionist. During the first visit, we will talk about how you are doing with this pregnancy, what is going well and what needs you may have. We will talk about ways in which we can help you meet those needs through our services or through other community agencies. We will develop a plan of care with you (and your family) and will set goals for a healthy pregnancy. We will also provide information on how to have a healthy baby and care for your newborn. Knowing what foods to eat, dealing with heartburn, taking your vitamins, breastfeeding or bottle feeding, diapering a baby, or using a car seat for the baby are some of the many topics we can talk about.

Please tell us:

- Tell us about any problems or questions you have about your pregnancy or parenting.
- Tell us how to stay in touch with you.
- Keep all of the doctor appointments for you and the baby.
- Set goals and make plans that will help you raise a healthy child.

For more information:

Please call Public Health Central Intake at these numbers weekdays between 8:00 a.m. and 4:30 p.m.:

- New Castle County: (302) 283-7140
- Kent and Sussex County: (302) 424-7300

Contact Numbers: (302) 283-7140 or (302) 424-7300 (8:00 a.m. to 4:30 p.m.)

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