# Objective 6: Increase proportion pregnant women with first trimester prenatal care

Maryland SHIP Vision Area 1: Healthy Babies
Tools, Resources, and Promising Practices
updated March 2013

*Tool Intended Audience*

*General Public* *Clinicians* *Planners*

***Information, Facts, and Figures***

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| Pregnancy Resources for First Trimester and Beyond | Online resource of educational materials regarding all aspects of pregnancy and prenatal care*. Materials are available in several different languages including: English, German, French and Italian.* |
| American Congress of Obstetrics & Gynecology Patient Resources | ACOG provides patient fact sheets including pictures, diagrams and wellness lists for females of all ages. |

***Maryland Services and Hotlines***

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| Get Health Care | Provides users with resources to gain access to health care in Maryland. |
| Maryland WIC | A supplemental nutrition program for women, infants and children under 5. |
| Healthy New Moms | Maryland's campaign to end depression during and after pregnancy. Includes a screening tool. |

***Promising Practices***

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| Baltimore City Healthy Start | This infant mortality prevention program utilizes a Life Course Perspective for improving the health and well-being of women and their families through the provision of comprehensive, supportive services offered in the communities where they live. |
| Bright Beginnings | This program in Prince George's County assists pregnant women in obtaining insurance, making appointments and getting to appointments as well as providing health education and family planning services. |
| Centering Pregnancy/Group CARE Prenatal Project | This program, based in Palm Beach, FL provides group prenatal care to minority women in a fun, supportive environment. Pregnant women complete self-assessments, cultivate empowerment skills, and build relationships with other mothers. |
| Baby Basics | National program makes books and other educational materials available to low-income expectant moms and provides literacy training to help women learn to read. |
| School-based Health Centers | School-based health care centers can provide comprehensive prenatal care services to pregnant teenagers in a familiar environment in a way that also prevents them from dropping out of school. |