

WELCOME BABY

RESOURCE GUIDE



SOUTHERN OREGON
PERINATAL TASK FORCE



CONTENTS

FAMILY PLANNING

- Birth Control 1
- Pregnancy Tests 2
- STI Testing & Treatment 3

PREGNANCY

- Birth Classes 4
- Nutrition 5
- Pregnancy Loss 5

BABY

- Breastfeeding & Infant Feeding 7
- Safe Sleep 8
- Car Seat Safety 8
- Immunizations 9
- Childcare 9

PARENTING

- Postpartum & Well Visits 10
- Nutrition 11
- Parent Education 12
- Mental Health & Recovery 12
- Home Visiting 13
- Other Support 13



SOUTHERN OREGON
PERINATAL TASK FORCE

FAMILY PLANNING

Are you planning to get pregnant or start a family some time this year? No matter your answer, this section can help you find the resources to plan accordingly. View local options for birth control, pregnancy tests, and STI testing and treatment.

BIRTH CONTROL

Douglas County

Aviva Health (541) 672-9596
www.aviva.health

Cow Creek Health & Wellness
North Clinic (Roseburg) (541) 672-8533
South Clinic (Canyonville) (541) 839-1345
Available only to members of the Cow Creek Band of Umpqua Tribe of Indians

Lower Umpqua Hospital (541) 271-2171
www.lowerumpquahospital.org

South River Community Health Center: (541) 492-4550
www.south-river.org

Jackson County

AllCare Health (541) 734-5520
www.allcarehealth.com

Jackson Care Connect (855) 722-8208
www.jacksoncareconnect.org

Jackson County Health and Human Services (541) 774-8209
www.jacksoncountyor.org/hhs/public-health/welcome

Planned Parenthood (541) 344-9411
Health Center of Medford & Ashland
www.plannedparenthood.org/health-center

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Siskiyou Community Health Center - Medford (541) 500-8407
www.siskiyouhealthcenter.com

Josephine County

AllCare Health (541) 471-4106
www.allcarehealth.com





Josephine County Public Health (541) 474-5325
www.co.josephine.or.us/sectionindex.asp?sectionID=105

Planned Parenthood of Grants Pass (541) 344-9411
www.plannedparenthood.org/health-center/oregon/grants-pass

Siskiyou Community Health Center
Grants Pass (541) 472-4777
Cave Junction (541) 592-4111
www.siskiyouhealthcenter.com

Women's Health Center of Southern Oregon (541) 479-8363
womenshealthso.com

PREGNANCY TESTS

Douglas County

Aviva Health (541) 672-9596
www.aviva.health

Cow Creek Health & Wellness
North Clinic (Roseburg) (541) 672-8533
South Clinic (Canyonville) (541) 839-1345

*Available only to members of the Cow Creek
Band of Umpqua Tribe of Indians*

Hope Clinic for Women: (541) 672-2609
www.hopeclinicroseburg.com

Jackson County

AllCare Health (541) 734-5520
www.allcarehealth.com

Jackson Care Connect (855) 722-8208
www.jacksoncareconnect.org

Jackson County Health and Human Services (541) 774-8209
www.jacksoncountyor.org/hhs/public-health/welcome

Planned Parenthood
Health Center of Medford & Ashland (541) 344-9411
www.plannedparenthood.org/health-center

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Josephine County

AllCare Health (541) 471-4106
www.allcarehealth.com

Grants Pass Pregnancy Care Center (541) 479-6264
www.gppregnancy.com

Josephine County Public Health (541) 474-5325
www.co.josephine.or.us/sectionindex.asp?sectionID=105

Planned Parenthood of Grants Pass (541) 344-9411
www.plannedparenthood.org/health-center/oregon/grants-pass

Women’s Health Center of Southern Oregon (541) 479-8363
womenshealthso.com

STI TESTING & TREATMENT

Douglas County

Aviva Health (541) 672-9596
www.aviva.health

Cow Creek Health & Wellness
North Clinic (Roseburg) (541) 672-8533
South Clinic (Canyonville) (541) 839-1345

*Available only to members of the Cow Creek
Band of Umpqua Tribe of Indians*

Jackson County

Planned Parenthood
Health Center of Medford & Ashland (541) 344-9411
www.plannedparenthood.org/health-center

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Josephine County

Josephine County Public Health (541) 474-5325
www.co.josephine.or.us/sectionindex.asp?sectionID=105

Planned Parenthood of Grants Pass (541) 344-9411
www.plannedparenthood.org/health-center

Siskiyou Community Health Center
Grants Pass (541) 472-4777
Cave Junction (541) 592-4111
www.siskiyouhealthcenter.com

Women’s Health Center of Southern Oregon (541) 479-8363
womenshealthso.com





PREGNANCY

Getting pregnant can open up a world of unknowns for parents-to-be. We aim to help make this new world less mysterious with local resources for birth classes, nutrition, and pregnancy loss support.

BIRTH CLASSES: Birth classes are an excellent opportunity for learning and preparing for the arrival of your baby. Discover your birthing options, ways to address pain management, how you and your partner can work together, and the basics for breastfeeding. You can also learn about infant care and taking your new baby home.

NUTRITION: Women, Infants, and Children Nutrition Program (WIC) helps pregnant women, new parents, and young children learn how to eat well and stay healthy. They provide breastfeeding support and nutrition education, among many other services.

Get connected with your local WIC clinic at:
www.oregon.gov/oha/PH/HealthyPeopleFamilies/WIC/Pages/interest-form.aspx

PREGNANCY LOSS: The grief that comes with the loss of a baby is an incredible challenge for a family to face. You are not alone, and additional support is available as you move through this difficult time. Mental health counseling can be an important resource.

BIRTH CLASSES

Douglas County

Mercy's Family Birth Place Classes (541) 677-2451
www.chimercyhealth.com/birthcenter.html

Umpqua Valley Lamaze
www.facebook.com/UmpquaValleyLamaze

Jackson County

Asante (541) 789-4607
www.asante.org/services/women-and-children/family-birth-center/childbirth-education-medford

Providence Medical Medford Center (503) 574-6595
weblinkplus.providence.org/weblink/classes/find

Josephine County

AllCare Health (888) 460-0185
allcarehealth.com/media/1093/child_birth_classes-04-21-2015.pdf

Women's Health Center (541) 479-8363
womenshealthso.com

NUTRITION

Douglas County

WIC (541) 440-3516
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC

Jackson County

WIC (541) 774-8209
www.jacksoncountyor.org/hhs/public-health/women-infants-and-children/WIC-services-request

Josephine County

WIC (541) 474-5333
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC

PREGNANCY LOSS

Douglas County

Hope Clinic for Women (541) 672-2609
www.hopeclinicroseburg.com/reproductive-grief-support

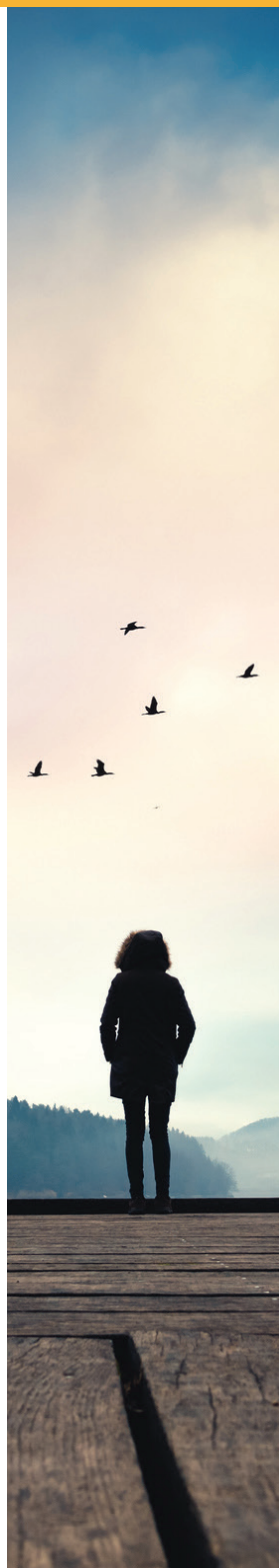
Jackson County

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Josephine County

Siskiyou Community Health Center
Grants Pass (541) 472-4777
Cave Junction (541) 592-4111
www.siskiyouhealthcenter.com/dept/behavioral-health

Women's Health Center (541) 479-8363
womenshealthso.com





BABY

Your baby is here! Find helpful information about these first months, including infant feeding, safe sleep, car seats, and immunizations, and child care.

BREASTFEEDING & INFANT FEEDING: Lactation care can include education for families, individual counseling, postpartum support for new moms and - when needed - clinical care.

SAFE SLEEP: Help your baby sleep safely and protect them from SIDS and other sleep-related injuries:

- Lay your baby on their back on a firm, flat surface
- Place your baby in their crib alone—without any additional pillows, blankets, toys, etc.
- Keep your baby nearby, but on a separate sleep surface designed for infants
- Don't smoke during pregnancy or afterwards. Smoking during pregnancy increases the risk for SIDS, as does second-hand smoke in the home.

CAR SEAT SAFETY: Before you take your baby home from the hospital, you'll need to have your infant's car seat ready. There are lots of considerations when choosing a car seat, and it's important to understand the requirements as your child grows.

IMMUNIZATIONS: Vaccinations throughout childhood are essential for helping to provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children at their recommended ages. Your physician is a great source of vaccine information.

CHILD CARE: Oregon's Child Care Resource and Referral program is a great place to start (211info.org).

The Employment-Related Day Care program (ERDC) also helps eligible low-income families pay for child care while working. Families should contact their local Department of Health and Human Services (DHS) about eligibility.

BREASTFEEDING & INFANT FEEDING

Douglas County

Mercy's Family Birth Place Classes (541) 677-2451
www.chimercyhealth.com/birthcenter.html

Umpqua Valley Breastfeeding Coalition
uvbcoalition@gmail.com
www.facebook.com/BreastfeedingUmpqua

WIC (541) 440-3516
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC

Jackson County

AllCare – Babe Store (541) 471-4106
www.allcarehealth.com/medicaid/services/babe-store

Asante Rogue Regional – Family Birth Center (541) 789-4218
asante.org/locations/location-detail/medford-birth-center

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Siskiyou Community Health Center (541) 500-8407
www.siskiyouhealthcenter.com/dept/ob-maternity

WIC (541) 774-8203
www.jacksoncountyor.org/hhs/public-health/WIC

Josephine County

Asante Three Rivers Family Birth Center (541) 472-7000
asante.org/services/women-and-children/family-birth-center

La Leche League of Grants Pass (541) 955-8838
www.lalecheleagueoregon.webs.com/localgrantspass

Rogue Birth Center (541) 916-8333
www.roguebirth.com

Siskiyou Community Health Center
Grants Pass (541) 472-4777
Cave Junction (541) 592-4111
www.siskiyouhealthcenter.com

WIC (541) 474-5333
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC





SAFE SLEEP

Douglas County

UCAN Douglas County Baby Bounty
judith.cheek@ucancap.org

UCAN: www.ucancap.org (541) 440-3516

Jackson County

AllCare – Babe Store (541) 471-4106
www.allcarehealth.com/medicaid/services/babe-store

DHS: www.oregon.gov/DHS/offices/pages/self-sufficiency.aspx

Jackson Care Connect – Starting Strong (541) 494-1004
www.jacksoncareconnect.org/for-members/wellness-benefits/strong-families/starting-strong

Jackson County Health and Human Services (541) 774-8209
www.jacksoncountyor.org/hhs/public-health/welcome

Nurse Family Partnership (866) 864-5226
www.nursefamilypartnership.org/locations/oregon

Josephine County

AllCare – Babe Store (541) 471-4106
www.allcarehealth.com/medicaid/services/babe-store

Siskiyou Community Health Center
Grants Pass (541) 472-4777
Cave Junction (541) 592-4111
siskiyouhealthcenter.com/healthy-families-of-southern-oregon

CAR SEAT SAFETY

Douglas County

Carseat Coalition: www.facebook.com/DCChildSafetySeat

Healthy Start UCAN Supply Request
judith.cheek@ucancap.org

Parent Life: www.uvyfc.com/ministries/parentlife

UCAN: www.ucancap.org (541) 440-3516

Jackson County

AllCare – Babe Store (541) 471-4106
www.allcarehealth.com/medicaid/services/babe-store

DHS: www.oregon.gov/DHS/offices/pages/self-sufficiency.aspx

Jackson Care Connect – Starting Strong: (541) 494-1004
www.jacksoncareconnect.org/for-members/wellness-benefits/strong-families/starting-strong

Josephine County

DHS (541) 474-3120

Hillcrest Fire Station (541) 450-6200
www.grantspassoregon.gov/432/child-safety-seat-program

IMMUNIZATIONS

Douglas County

Aviva Health: www.aviva.health (541) 672-9596

Cow Creek Health & Wellness

North Clinic (Roseburg) (541) 672-8533

South Clinic (Canyonville) (541) 839-1345

Available only to members of the Cow Creek

Band of Umpqua Tribe of Indians

Jackson County

La Clinica (541) 618-1300

www.laclinicahealth.org/services/medical/childrens-health

Jackson County Health and Human Services (541) 774-8209
www.jacksoncountyor.org/hhs/public-health/welcome

Rogue Community Health (541) 773-3863
www.roguecommunityhealth.org/medical

Southern Oregon Pediatrics (541) 789-4096
www.soped.com/parent-resources/immunization-schedule

Josephine County

Josephine County Public Health (541) 474-5325
www.co.josephine.or.us/sectionindex.asp?sectionID=105

Siskiyou Community Health Center

Grants Pass (541) 472-4777

Cave Junction (541) 592-4111

www.siskiyouhealthcenter.com/dept/healthy-families-of-southern-oregon

CHILD CARE

211info: www.211info.org/family

211Info is funded by state and municipal contracts, foundations, United Ways, donations and community partners.

EDRC: www.oregon.gov/dhs/assistance/child-care

EDRC is a subsidy program, meaning eligible families still pay part of the child care cost.





PARENTING

Being a new parent brings both wonder and challenges. Below are resources for the first year of being a parent, including nutrition, education, and well-visits.

POSTPARTUM & WELL VISITS: Now that you've delivered, it's a great time to connect with your primary care provider. When you choose a primary care doctor, make sure to choose a doctor you can trust. A primary care doctor can:

- Help you stay healthy by recommending preventive services, like screening tests and immunizations.
- Treat a range of health issues – including physical and mental health.
- Refer you to a specialist when you need more help with a specific health issue.

NUTRITION: Your nutrition is important after your baby is born, too – especially if you are breastfeeding. WIC is a nutrition education program that helps pregnant women, new mothers, and young children learn how to eat well and stay healthy. Your local Department of Health and Human Services can also get you enrolled in the Supplemental Nutrition Assistance Program (SNAP), which provides nutritional assistance to children and families.

PARENT EDUCATION: All families can benefit from parent education programs. In Oregon, we have amazing Parent Education Hubs that provide groups classes on a variety of topics:

- communication between parents
- effective discipline and guidance
- nurturing and fostering life skills

- promoting healthy development
- enjoying the enormous task of raising children

MENTAL HEALTH & RECOVERY: There are several mood and anxiety disorders that a new parent can develop around the time of childbirth. Symptoms can appear any time during pregnancy, and up to the first 12 months after giving birth. There are mental health resources and treatment options to help you recover – because your health matters.

HOME VISITING: There are many programs that offer one-on-one services in your own home, and can help with baby care planning, child development, parent education, and more.

OTHER SUPPORT: This Welcome Baby Resource Guide is designed to highlight some of the amazing services and resources available in our region for pregnant parents and newly parenting families. We know there are additional supports that a family might need beyond what's on these pages, and want to help you know where to find them.

NUTRITION

Douglas County

Oregon Dept of Health and Human Services (541) 440-3301
<https://govstatus.egov.com/or-dhs-benefits>

WIC (541) 440-3516
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC

Jackson County

Oregon Dept of Health and Human Services (541) 776-6172
<https://govstatus.egov.com/or-dhs-benefits>

WIC (541) 774-8203
www.jacksoncountyor.org/hhs/Public-Health/WIC

Josephine County

Oregon Dept of Health and Human Services (541) 474-3101
<https://govstatus.egov.com/or-dhs-benefits>

WIC (541) 474-5333
www.oregon.gov/oha/ph/healthypeoplefamilies/WIC





PARENT EDUCATION

Douglas County

Douglas Education Service District–Take Root (541) 957-4814
www.douglasesd.k12.or.us/take-root-parenting-connection

Jackson County

The Family Connection (541) 734-5150
www.thefamilyconnect.org x1042

Family Nurturing Center (541) 779-5242
www.familynurturingcenter.org

The Parent Resource Center (541) 488-4329
www.parentresourcectr.com

Southern Oregon Education Service District (541) 778-9730
Family Support & Connections
www.soesd.k12.or.us/family-support-connections

Josephine County

Family Nurturing Center (541) 779-5242
www.familynurturingcenter.org

Pregnancy Care Center of Grants Pass (541) 479-6264
www.gppregnancy.com/education-and-resources/pathways-pregnancy-and-parenthood

Southern Oregon Education Service District (541) 474-3101
Family Support & Connections
www.soesd.k12.or.us/family-support-connections

MENTAL HEALTH & RECOVERY SERVICES

Douglas County

Aviva Health: www.aviva.health (541) 672-9596

Compass/Adapt: www.adaptoregon.org (541) 440-3532

Family Development Center (541) 673-4354
www.fdcroseburg.org

Juniper Tree (541) 900-1506
www.junipertreecounselingservices.com

New Day/New Beginnings (541) 229-4842
www.umpquahealth.com/behavioral-health

Jackson County

Family Nurturing Center (541) 779-5242
www.familynurturingcenter.org

Jackson County Health and Human Services (541) 774-8200
www.jacksoncountyor.org/hhs/mental-health/resources

La Clinica (541) 535-6239
www.laclinicahealth.org/providers/?fwp_area_of_focus=behavioral-health

Josephine County

Healthy U Center (Cave Junction) (541) 592-4888
www.healthyucenter.org

Options/Adapt: www.optionsonline.org (541) 476-2373

HOME VISITING

Douglas County

Family Development Center (541) 673-4354
www.fdcroseburg.org

UCAN: Nurse Home Visiting (541) 440-3622
UCAN: Healthy Families/Early Head Start (541) 673-6306
www.ucancap.org

Jackson County

Maternal and Child Health Services (541) 774-8218
jacksoncountyor.org/hhs/public-health/maternal-child-health

Southern Oregon Head Start (541) 734-5150
www.socfc.org/programs/early-head-start

Josephine County

Healthy Families/Project Baby Check (541) 472-4777
siskiyouhealthcenter.com/dept/healthy-families-of-southern-oregon

Parent & Child Health Programs (541) 474-5325
www.co.josephine.or.us/page.asp?NavID=252

Southern Oregon Head Start (541) 734-5150
www.socfc.org/programs/early-head-start

OTHER SUPPORT

211Info: www.211info.org

Douglas County

Community UpLift (541) 670-5964
webportalapp.com/webform/communityuplift

Jackson & Josephine County

Rogue Challenge Referral System (541) 773-3863
roguecommunityhealth.org/rogue-challenge-referral-system





SOUTHERN OREGON PERINATAL TASK FORCE

The Perinatal Task Force of Southern Oregon's mission is to improve knowledge, behaviors, and systems of care for women, teens, children, and families in Douglas and Josephine Counties.

The Perinatal Task Force is a collective impact group, and relies on local partnerships to solve complex problems that communities face. The health of families is a complex problem, as it relies on many different organizations from various sectors in our communities to ensure that all families' needs are being met. This brochure is one of the many projects that the Perinatal Task Force helps to develop and maintain to help families in our local area.

Find More at our Welcome Baby Page!

www.hccso.org/resources

www.facebook.com/HealthyStartofSouthernOregon



HEALTH CARE COALITION
OF SOUTHERN OREGON



HEALTHY START
OF SOUTHERN OREGON