

What is Maternal Infant Health Program (MIHP)?

MIHP is a program to help women have a healthy baby, and to answer many questions parents of infants and young children may have. (Note: MIHP is a *support* program; it is not intended to replace health care by your doctor or midwife.)



Many pregnant women have questions such as:

- ✓ What can I eat?
- ✓ How much weight can I gain?
- ✓ How is my baby growing?
- ✓ What does my growing baby look like?
- ✓ What things do I need to care for my baby?
- ✓ Where can I get help with problems I am having?

A nurse, dietician, and counselor can provide support and information to help you have a healthy baby.

Information and Other Resources Available:

- Nutrition
- How your baby grows
- Your pregnancy month to month
- Counseling
- Parenting information
- WIC Coupons (Women, Infants and Children)
- Childbirth Education Classes
- Dental Care
- Health Insurance for other children
- Smoking Cessation



When a woman is receiving Maternal Infant Health Program services, she may also receive:

- Financial help with the cost of travel to appointments
- Pregnancy educational materials
- A newborn home visit
- Help from other community resources



Parents of infants and young children have questions such as:

- ✓ How much should I feed my baby?
- ✓ What can I do when my baby cries?
- ✓ What can I do when I get frustrated?
- ✓ How should I deal with temper tantrums?
- ✓ Is my child doing the things he/she should be doing?

The Health Department has a team of nurses, social workers and dieticians who can go to a family's home and help with these questions, and check your baby's weight.

The team also has information on:

- Daycare assistance
- Immunizations
- Preschool programs like HeadStart
- WIC Coupons (Women, Infants and Children)
- Drug and Alcohol Counseling Services
- Parenting information
- School Services
- Child Development (sitting, crawling, talking)



When an infant or child is receiving Maternal Infant Health Program services, they may also receive:

- Financial help with the cost of travel to appointments for the infant or child (Doctor, WIC)
- Parenting educational materials and classes



If you are pregnant and/or if your infant or child has Medicaid, and you are interested in this program, call the Health Department:

1-800-432-4121

Antrim County (Bellaire)	231-533-6255
Antrim County (Mancelona)	231-587-5044
Charlevoix County	231-547-0091
Emmet County	231-347-6014
Otsego County	989-731-1219



Maternal Infant Health Program



A program for pregnant women and families with newborns and young children.