city of
CINCINNATI
First Steps Program

Give your baby a healthy start in life, remember these tips:

- Practice the ABC's of Safe Sleep: **A**lone, on their **B**ack and in a **C**rib
- Avoid tobacco products, alcohol and other drugs
- Breastfeed
- Choose healthy food options
- Take care of your emotional health

Call our Mother-Baby Information Line
**513 564 BABY (2229)**

city of
CINCINNATI
First Steps Program

The **First Steps Program** is a partnership with health care providers across the city to improve birth outcomes and decrease the infant mortality rate in the City of Cincinnati and Hamilton County.

First Steps Program services:

- Safe sleep
- Family planning
- Health care
- Health insurance
- Depression screening
- WIC services

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