

For any parent, having a baby and raising a child is a challenge.

Some days you may feel overjoyed. Other days you may feel overwhelmed, like you are struggling to meet your everyday needs.

First Connections is a FREE service that has supported thousands of Rhode Island pregnant women, mothers, families, and caregivers with children up to age three. Our nurses and trained specialists are available to meet with you **at your home or in another place in your community.**

We will answer your questions about your child's growth and development. We'll also connect you with resources and services to give you and your child every possible advantage.

Interpreting services are available.



Call First Connections:

South County Home Health Services | 782-0500

Charlestown	Coventry
East Greenwich	Exeter
Hopkinton	Narragansett
New Shoreham	North Kingstown
Richmond	South Kingstown
Warwick	West Greenwich
West Warwick	Westerly

VNS Newport and Bristol Counties | 682-2100

Barrington	Bristol
East Providence	Jamestown
Little Compton	Middletown
Newport	Portsmouth
Tiverton	Warren

Community Care Alliance | 235-6079

Burrillville	Cumberland
Foster	Glocester
Johnston	Lincoln
North Providence	North Smithfield
Scituate	Smithfield
Woonsocket	

Children's Friend and Service | 721-6400

Central Falls	Cranston
Pawtucket	Providence



For more information visit
www.health.ri.gov

*Funded in part by the RI Office of Health and Human Services and the Health Resources and Services Administration

First Connections

Support and services
to help you and your baby
get off to a great start



Nurses and trained specialists to support you, when and where it's convenient

- Prepare for the demands of parenthood
- Plan for a healthy delivery
- Get your home ready for baby
- Get support with the challenges of breastfeeding
- Learn the right way to mix formula
- Connect you and your baby to health services
- Set healthy sleep patterns
- Handle your baby's crying
- Cope with feeling down, depressed or hopeless
- Help your baby grow and learn
- Find good child care
- Meet your everyday needs and reach your parenting goals
- Connect with long-term parenting support



Help at every stage of early childhood

First Connections was so helpful and gave me tips on feeding my son. It's great to know he's on track with his growth and development. My sister is pregnant and I'll let her know about this service.

— First Connections participant, wooNsockET, Ri

Pregnancy to birth

Leading up to the birth of your baby:

- Maintain a healthy diet and lifestyle
- See a doctor or midwife regularly
- Schedule a First Connections visit

at 2 months

Your baby may:

- Begin to smile at people
- Make smoother movements with arms and legs
- Pay attention to faces

at 4 months

Your baby may:

- Begin to babble
- Reach for a toy with one hand
- Respond to affection

at 6 months

Your baby may:

- Respond to own name
- Look around at things nearby
- Like to play with others especially parents

at 12 months

Your baby may:

- Copy gestures
- Play game such as "peek-a-boo"
- Try to say words you say



Your baby may:

- Point to one body part
- Say several single words
- Walk alone

If you have any questions or concerns about your baby's development, call First Connections or talk to your baby's doctor.