



EARLY STEPS® MATERNITY

TAKING GOOD CARE OF YOUR BABY STARTS WITH TAKING GOOD CARE OF YOURSELF

Early Steps® Maternity coaches and nurses offer extra resources throughout your pregnancy to support both you and your baby. With one phone call per trimester and one after delivery, your maternity coach and nurses are here every step of the way to address all of your questions.

YOUR MATERNITY COACH WILL PROVIDE TIPS FOR:

- Common pregnancy discomforts, like morning sickness, sleep issues and stress
- Prenatal nutrition and physical activity
- Preparing for prenatal visits, labor, delivery and a new baby
- Postnatal and breastfeeding support (within 31 days of discharge)

Early Steps® Maternity is here to help your family grow with confidence and keep your – and your baby's – health on the right track. Get started today by taking the online Maternity Assessment.

WHEN YOU ENROLL, YOU'LL HAVE ACCESS TO:

- Personalized one-on-one coaching with a nurse or health coach
- A secure message center for private communication with your coach or nurse
- Online education and a free informational book



[GuidestoneHealth.org](https://www.GuidestoneHealth.org)

(855) 497-1230

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

