
“It’s more than check-ups. It’s someone to walk beside you during the transition to motherhood.”



MCNHealth
**MOTHER
& BABY
PROGRAM**

The MCN Health Mother & Baby Program is a culturally grounded, evidence-based support program for Native families, guiding mothers and caregivers from pregnancy through a child’s third birthday. Created in partnership with the Johns Hopkins Center for American Indian Health, it blends tradition with the latest in maternal and infant health education.

Through personalized home visits, trained Maternal Health Nurses offer support during pregnancy, childbirth, postpartum recovery, and early childhood development—providing care, encouragement, and trusted guidance.

We focus on prenatal care, infant safety, breastfeeding, developmental milestones, and parenting skills in a compassionate, judgment-free space. Whether you’re a first-time parent or growing your family, we’re here to help you build a strong, healthy foundation.

At its heart, this program believes every mother deserves to feel seen, supported, and confident—every step of the way.

CONTACT US

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MCNHealth
**MOTHER
& BABY
PROGRAM**

Supporting Families Across
the Muscogee Nation

WHO WE SERVE

OUR PROGRAM IS OPEN TO:

Native mothers from any tribe & Non-Native mothers raising Native babies from any tribe

We recognize that each family's story is unique, and we are committed to serving all eligible mothers and caregivers with dignity, compassion, and cultural respect.

PRIORITY ENROLLMENT IS OFFERED TO:

- Mothers receiving prenatal care through the Muscogee Nation health system
- First-time parents who are navigating pregnancy and early parenthood for the first time

The Mother & Baby Program is **FREE** to eligible families. Whether you are just beginning your parenting journey or already nurturing a young child, we are here to support, guide, and walk beside you every step of the way.

WHAT WE OFFER

HOME VISITS

- Monthly visits during pregnancy and your baby's first year
- Every 8 weeks from 12 to 36 months
- Visits by a Maternal Health Nurse, offering personalized in-home education and care

PRENATAL EDUCATION

- Healthy pregnancy practices
- Labor, delivery, and comfort techniques

INFANT CARE

- Feeding, bathing, diapering
- Baby safety and immunizations
- When to call for help

BREASTFEEDING RESOURCES

- Basics, skin-to-skin, and pumping tips
- Benefits for both mom and baby

CHILD DEVELOPMENT

- Milestones from birth to age three
- Tummy time, play, and potty training

PARENTING & LIFE SKILLS

- Routines and travel prep
- Communication and relationship support
- Self-growth tools

We use the **Family Spirit Curriculum**—a proven, culturally relevant program created for Indigenous communities.

WHY JOIN?

- Build confidence as a parent
- Track growth and milestones
- Get support without judgment
- Connect with your community
- Free enrollment for eligible families

Ask your provider for a referral, or contact us directly.



Scan the QR code,
TO LEARN MORE.