## Do You Live in Chicago? Family Connects Chicago at Rush

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Chicago at Rush lend a helping hand.

Rush is proud to partner with the Chicago Department of Public Health and Family Connects International to provide in-home support, guidance and connections to additional resources from registered nurses—at no additional cost to you—including:

### Help for baby

- Baby health check
- Safe sleep information
- Infant feeding and fussiness
- Help with bathing, diapering and swaddling

#### Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

#### Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

#### Scheduling your personalized visit

Family Connects Chicago services are offered through in-home or virtual/phone visits to Chicago families who deliver at Rush. You can expect a call from a Family Connects representative in the first few weeks after discharge to schedule this visit.

To reach out to a Family Connects nurse at Rush, please call (312) 942-3424 or email us at familyconnects@rush.edu.

#### **Family Connects Nurses**





Darlene Hepburn, BSN, RN

Stephanie Flores, BSN, RN





Kathryn Kaintz, BSN, RN



Valerie Davis, MSN, RN, CNL



Monica Davis Program Support Specialist

# **RUSH**



