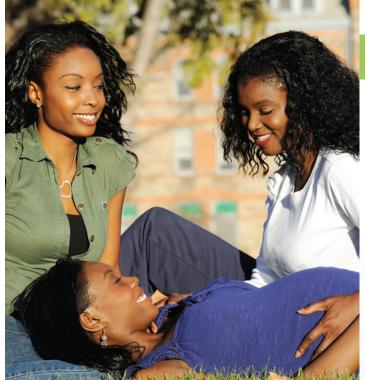
"Because of the Black Infant Health Program, I'm a better me, which makes me a better mother, daughter, and friend."

— KENTISHA —





We'd love to hear from you!

Black Infant Health Program, Solano County

355 Tuolumne Street, Suite 2400 Vallejo, CA 94590

(707) 553-5055 | www.babyfirstsolano.com

Our Locations

Alameda County Contra Costa County Fresno County Kern County City of Long Beach Los Angeles County City of Pasadena Riverside County Sacramento County San Bernardino County San Diego County San Francisco County San Joaquin County Santa Clara County Solano County





Empowering Pregnant and Mothering African-American Women



Empowering Pregnant and Mothering African-American Women

You can make a difference!

Together, we can make a difference to help ensure that all babies are born healthy! African-American babies are more than twice as likely as White babies to die before their first birthdays. Our mission is to help more babies make it to their first birthday by ensuring their mothers have healthy pregnancies. Our program is designed to empower women to make healthy life choices for themselves and their families by building on their strengths. We honor the unique history and traditions of African-American people by presenting information in a culturally affirming manner. From the space the groups are held in to the topics we discuss, everything is centered around the African-American woman and her needs.

Program Goals

- Empower women, build resilience, and reduce stress
- Promote healthy behaviors to support health, wellness, and relationships
- Promote healthy relationships, and enhance bonding and parenting skills
- Connect women with medical, social, and mental health services
- Engage communities to raise awareness and support BIH efforts to improve outcomes for African-American women and their families

Our Services

All of the services we provide are free!

We offer individualized life planning that helps you to plan for your future. We also provide mother support groups during and after pregnancy. The groups offer fun and interesting activities that will help you:

- Gain support from other women
- Learn what to expect when pregnant
- Nurture and bond with your baby
- Get infant care and feeding tips
- Manage and reduce stress



The BIH Program uses a group-based approach with individual case management within a culturally-centered setting that respects participants' beliefs and cultural values.

The Program works with participants to develop life skills, reduce stress, build social support, and improve overall health and wellness.

BIH provides education on the importance of early and continuous prenatal care, well-child checkups, breastfeeding, and timely and complete immunizations to ensure babies are born healthy and grow into healthy children.

Eligibility

To join, you have to be:

