Patient Education
Maternity and Infant Center Clinic

Maternity Support Services (MSS)

Maternity Support Services include assessment, education, intervention, and counseling. Your clinic team will be made up of a nurse, a dietitian, and a social worker. A public health nurse and a community outreach worker may also be part of your care team.

What services will I receive?
You will receive free:
- Dental care.
- Eye care.
- Mental health counseling.
- Visits with your doctor or midwife.

Bus tickets and other help with travel costs are also available to help you get to your visits.

What will I learn?
Your nurse, dietitian, and social worker will help you to learn about taking care of yourself during your pregnancy. And, they will teach you about how to prepare to become a parent. They will answer your questions about pregnancy, delivery, and infant care.
- What is normal in pregnancy?
- What is not normal in pregnancy?
- What is safe during pregnancy?
- What is not safe during pregnancy?
- What foods are best for my baby and me during and after pregnancy?
- What kind of support will I need during labor and after?
- What help can be found in my community?
- What do I need to know to get ready for the baby?
- What do I need to learn about breastfeeding?

Questions?
Your questions are important. Call your nurse or health care provider if you have questions or concerns.

Maternity and Infant Center Clinic 206-598-4070

© University of Washington Medical Center 12/2004