

Pregnancy & New Parenting Resources

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Prenatal & Postpartum Care

BadgerCare Plus

BadgerCare Plus is a health care coverage program for low-income Wisconsin residents. Children, pregnant people, and adults can enroll. BadgerCare Plus covers health care services like check-ups, immunizations, prenatal care, dental care, emergency department visits, hospital care, maternity and newborn care, mental health, behavioral health, substance abuse treatment, prescription drugs, rehab services, lab visits, and vision care.



Click [HERE](#) to find your local BadgerCare office or apply online at www.access.wisconsin.gov

Marketplace

The Health Insurance Marketplace (also known as ObamaCare or the Affordable Care Act – ACA) is a resource where you can:

- ◆ Compare health insurance plans by coverage and cost.
- ◆ Get answers to questions about your health care insurance.
- ◆ Find out if you are eligible for tax credits
- ◆ Enroll in a health insurance plan that meets your needs.

The Marketplace is available online to apply at www.healthcare.gov or you can contact the Health Insurance Marketplace at 1-800-318-2596

Primary Care Provider

A primary care provider is a nurse practitioner, doctor's assistant, or doctor who sees you on a regular basis to help you stay healthy. This provider is the one you'll see first for any health needs. If necessary, they can refer you to a specialist.



Contact Well Badger or your insurance company for help finding a primary care provider. **Click [HERE](#)** for health insurance contacts in Wisconsin.

Nutrition Programs

Women, Infants, & Children (WIC)

The purpose of WIC is to promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants, and children. WIC provides nutrition (how to eat well) education, breastfeeding education and support, supplemental (additional) nutritious foods, and referrals to other health and nutrition services.

Click [HERE](#) to find your local WIC office.



FoodShare

FoodShare helps people of all ages with limited money buy the food they need for good health. This includes people who have a job but have low incomes, are living on small or fixed income, have lost their job, or are retired or disabled and not able to work.

FoodShare benefits are put into an account (via a Wisconsin QUEST card) using an electronic benefits transfer (EBT) system. The QUEST card can be used to buy food at grocery stores and at some farmers markets that accept EBT payments.

Click [HERE](#) to find your local FoodShare office.

Mental Health

Mental Health

Support for mental health and emotional wellbeing including such things as crisis intervention, substance use, support and counseling.

Click [HERE](#) to find your local mental health resources.



Home Visiting

Home Visiting

Parents and caregivers are matched with trained professionals who make regular home visits throughout your pregnancy and during a child's earliest years in life.

Click [HERE](#) to find your local home visitation



Breastfeeding

Breastfeeding

Although breastfeeding is a natural part of the birthing process, it's not always easy, and may not be for everyone. Many people need help if they do decide to breastfeed. Your doctor may recommend breastfeeding for at least the first 6 months of your baby's life.

Click [HERE](#) to view breastfeeding support and information.



Basic Needs & Financial Assistance

Wisconsin Home Energy Assistance Program

The Wisconsin Home Energy Assistance Program (WHEAP) helps with heating costs, electric costs, and energy crisis situations. The program gives assistance to households across the state to help lower their monthly utility costs.

Click [HERE](#) to find your local WHEAP office.



2-1-1

211 can connect you with food pantries and other support services in your area.

Dial 2-1-1, text zip code to **898211**, or visit their website at **211wisconsin.communityos.org**

Free & Low-Cost Baby Supplies

We provide resources that offer free or low-cost supplies for your baby or children.

Click [HERE](#) to find your local Baby Supplies Center

Tobacco & Substance Use

First Breath

The First Breath program helps pregnant and postpartum women and their families become tobacco free. It provides one-on-one counseling with a First Breath Quit Coach, text message support, and gift cards.



To enroll, call **608-888-2768**, text "FB INFO" to **29669**, or visit **joinfirstbreath.org**

Ready for Change

The Ready for Change program helps people stop or cut back on their use of alcohol, cannabis, illicit drugs, and prescription drug misuse during pregnancy, breastfeeding, and caregiving. It provides judgement-free education, one-on-one support, and connections to resources in your community.



To enroll, call **608-888-2768**, or text "BABY" to **29669**

Pregnancy Counseling

Adoption

Find resources that give you helpful information as you decide if you wish to give your baby up for adoption.

Click [HERE](#) to view Adoption Services.



Abortion

These agencies offer abortion and emotional support as well as choices other than abortion (if you are interested) when making decisions about your pregnancy.

Click [HERE](#) to view Abortion Services.



Emergency Contraception

Emergency contraception is a form of birth control that may be used by those who have had unprotected sex, used a birth control method that failed, or missed two or more birth control pills in a monthly cycle.

Click [HERE](#) to view Abortion Services



Children & Youth with Special Health Care Needs

Birth-to-3

Birth to 3 is an early support program for infants and toddlers with developmental delays. It is available in every county. The program values your relationship with your child and works in partnership with the you. It works to support your child's development and your family's skills in raising your child.

Click [HERE](#) to find your local Birth-to-3 Program



Regional Centers

Wisconsin Regional Centers for Children and Youth with Special Health Care Needs (CYSHCN) support families with children and youth with special health care needs, and the providers who serve them. The Centers are staffed by specialists who can help get answers, find services, and connect you to community resources. Their services are free and private.

Click [HERE](#) to find your local Regional Center



Child Care & Parenting Support

Family Resource Centers

Family Resource Centers (FRCs) provide services and support to strengthen families. FRCs across Wisconsin are community focused and each one provides different classes and services. FRCs provide parents and caregivers with parent education, tools, and strategies around healthy child development, and can also provide invaluable information about community resources.

Click [HERE](#) to find your local Regional Center



Childcare Referral & Resource Center

The Child Care Resources & Referral Agencies (CCR&Rs) in Wisconsin are ready to help you find childcare that meets the needs of your family. Answer a few questions regarding your needs and wants for care and you will receive a list of childcare providers located near your home or place of work, free-of-charge.

Click [HERE](#) to find your local Child Care Referral and Resource Center

To View Other Pregnancy & Parenting Resource

Click [HERE](#) to view

**YOU HAVE QUESTIONS.
WE FIND ANSWERS.**



Contact Well Badger to get help finding local resources

Speak with a live specialist | Monday – Friday, 7 am – 6 pm

Phone 1-800-642-7837 | Test Message 608-360-9328 | Email help@wellbadger.org

Facebook Messenger [@wellbadger](https://www.facebook.com/wellbadger) | Live Chat & Searchable Director www.wellbadger.org