



*Our services are **FREE** for
women and babies receiving
Medicaid Health Insurance.*

Baby Bright is here to offer

guidance and support. As little or as much as you'd like.

Whether you have questions about infant growth & development, childbirth, nutritional planning or want to find baby items, food or housing assistance - our professional staff is here to help.

Comprised of Registered Nurses, Licensed Social Workers, Infant Mental Health Specialists and Registered Dietitians... it is our mission to provide you with encouragement, support, and the care you may need.

Who We Are...

Baby Bright is certified by the Michigan Department of Community Health to provide the services of MIHP - Michigan's Maternal Infant Health Program.

We strive to ensure that every pregnancy is a healthy one, and that you and your infant receive the attention you deserve.

Our services are 100% covered and available at your convenience.

Thank you for taking the time to find out more about us...we look forward to assisting however we can.



Baby Bright
PROVIDER OF THE
MATERNAL INFANT
HEALTH PROGRAM

A Medicaid Insurance
Benefit Serving Michigan
Women & Infants

A bright start to a bright future
for you & your little one...

Start now by calling
our
Toll-Free Hotline!
855-444-8878

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BABY BRIGHT
33344 Grand River
Farmington, MI 48336
Phone: (248) 919-8840
Fax: (248) 284-1046
www.BabyBrightmi.com



How can we help?

- Baby Item Resources
- Childbirth Education and Parenting Classes
- Coordinate Prenatal Care
- Follow infant growth & development
- Housing Assistance
- Substance Abuse / Smoking Cessation
- Transportation Referrals
- Infant Care & Safety Education
- Early Intervention Services
- Nutritional Planning
- Peace of mind, we will be there for you if problems come up

Help is just a phone call away

855-444-8878

What is the Maternal Infant Health Program?

- MIHP provides support and coaching to promote healthy pregnancies, positive birth outcomes, healthy infants, and to reduce infant mortality.

Our pledge is to deliver on this promise... to assist in setting forth a bright start to a bright future for you and your little one.

- MIHP is a free benefit for Michigan women who are pregnant or families with infants having Medicaid health insurance.
- MIHP services are provided by Registered Nurses, Dietitians, Licensed Social Workers and Infant Mental Health Specialists.



Nutrition Tip:

Good nutrition is very important during pregnancy. Make sure you are getting these fortified foods daily:

1. Calcium (dairy products)
2. Folic Acid (spinach, romaine lettuce, kale, and broccoli)
3. Iron (whole grain products, lean beef and pork, dried fruit and beans, sardines and green leafy vegetables)
4. Vitamin A (leafy green vegetables, deep yellow or orange vegetables, milk, and liver)
5. Protein (seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds)

Sleep Tip:

In the third trimester, sleep on your left side to allow for the best blood flow to the fetus and to your uterus & kidneys. Avoid lying flat on your back for a long period of time.