Just Us for 2 Years
Waiting until your youngest child is 2 years old before becoming pregnant again is healthy for Moms, Babies, and Families.

Family resource information:
Public Health Nursing Services
Clinic Services (Home Visiting) .......................... 925-313-6250
Child Health & Disability Prevention .................. 925-313-6150
California Children’s Services ......................... 925-313-6100

Breastfeeding Information
WIC Peer Counselors .................................... 1-800-414-4942
Breastfeeding Warm Line ......................... 1-866-878-7767
La Leche League ............................................. 925-274-3748

Family Planning
Women’s Health Clinics ................................. 1-877-616-8674
Planned parenthood ..................................... 1-800-230-7526

Parenting Information
First 5 Centers– Antioch ............................... 925-757-5303
            Brentwood ..................................... 925-473-5282
            Brentwood ..................................... 925-516-3880
            Concord ....................................... 925-671-3267
            San Pablo ......................................... 510-559-3011 ext. 4000
Family Stress Center ................................. 925-827-0212
Bay Area Crisis Nursery ............................. 925-685-8052
Crisis Hotline-24 hours ............................... 1-800-833-2900
Prenatal Care Guidance 24 Hour
Advice Nurse ............................................ 1-877-661-6230
Health Access Line .................................... 1-877-503-9350
Immunization Clinics ................................. 1-800-246-2494
CCHS Appointments ................................... 1-800-495-8885

Contra Costa Health Services: www.cchealth.org
Contra Costa Resource Database: www.irisoft.com/cccc
Waiting 2 years is a healthy choice for Mom

- Mom’s body has time to grow strong again
- Mom’s stress level will be lower
- Mom has more energy

Waiting 2 years is healthy for your next baby

Benefits for baby:
- Baby will be a healthy size at birth
- Baby can get more attention during the first 2 years

Waiting 2 years is healthy for the whole family!

- Families have more time to be together
- Partners have more time for each other