



Penny Tyynismaa, Maternal Child Health RN, has over 30 years of nursing experience.

For the past eight years, Penny has worked for Tama County Public Health & Home Care providing skilled nursing services for infants, children and adults in the home setting. In 2020, Penny became a Certified Lactation Consultant and a Car Seat Technician.

**Follow us on Facebook!
Tama County Maternal & Child Health**



If you are interested in participating in our Nest program, contact Penny at 641-484-4788



No person shall be excluded from participation, be denied benefits, or be otherwise subjected to discrimination on the grounds of race, creed, color, religion, political affiliation, national origin, sex, age, physical or mental disability, testing positive for human immunodeficiency virus, or sexual orientation.

If you have any reason to believe that you have been discriminated against for any of the above reasons, you may write to:

*Sherry Parks P.A., Chairman
Tama County Board of Health
129 West High Street
Toledo, IA 52342*

Penny is a National Child Safety Certified Car Seat Technician. She can check to see if your child's car seat is correctly installed, by appointment.

Expecting a Baby??



Let us help you!!

- Free Pregnancy Testing
- Help Locating a Doctor
- Assist with financial application for pregnancy costs
- Pregnancy Education
- Nutrition Education
- Assist with WIC appointments
- Tama County Nest
- Car Seat Safety Checks

Contact: **Penny Tyynismaa, RN**
Tama County Public Health & Home Care
129 W. High Street
Toledo, IA 52342
641-484-4788
ptyynismaa@tamacounty.org

Pregnant?

Is this your first pregnancy?

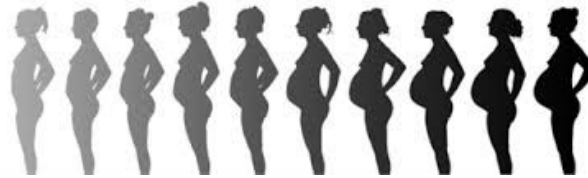
Your second or third?

Having a baby can be very exciting, but also very confusing. Our Maternal Child Wellness Program will help you to prepare for this important time of your life with education, support and resources throughout your entire pregnancy.

The Maternal Child Wellness Program provides an extra layer of support to your regular prenatal visits. We help address issues that may come up during your pregnancy and assist in ensuring a safe, healthy pregnancy.

Visits are scheduled one time during each trimester of pregnancy as well as a home visit for you and your baby after birth.

Extra home visits can be scheduled if there is a need.



Some services offered during your pregnancy:

- Assist with locating healthcare providers
- Provide Prenatal Vitamins
- Assist with Medicaid/Insurance Applications
- Assistance with Organizing Prenatal Care
- Referrals to Community Resources for:
 - Food
 - Clothing
 - Housing
 - Mental Health
 - Heat Assistance
- Discussions regarding physical and emotional changes during pregnancy and after
- Dental referrals, as needed.
- Diet Education
- Access to Tama County Nest Program
- Breastfeeding Education

FREE

For Tama
County Residents!

Services Provided After Baby's Birth:

- Home visit for both Mom and Baby with assessment and education
- Support with Breastfeeding
- Nurse available by phone to answer questions
- Referrals to community resources
- Access to Tama County Nest Program
- Assistance with Car Seat Installation

