

A photograph of a pregnant woman in a white shirt, gently holding her belly with both hands. In the background, a healthcare professional is visible, holding a blue object, possibly a stethoscope or a small device, near the woman's abdomen.

# The Connection Between Maternal Health and **Family Resource Centers**

Maternal health encompasses the health and well-being of women during pregnancy, childbirth and the postpartum period. Ensuring optimal maternal health is critical not only for mothers but also for the long-term health and development of children and families. **Family Resource Centers play an essential role in supporting maternal health** by providing accessible, community-based services that address the multifaceted needs of mothers and families.

Family Resource Centers are organizations designated to support all families. They provide many services at low or no cost to participants and take a strength-based, multigenerational and family-centered approach. Their activities and programs are developed to reflect and be responsive to the specific needs, cultures and interests of the communities and populations they serve.

## **The Role of Family Resource Centers in Maternal Health**

FRCs are uniquely positioned to support maternal health through their holistic, strengths-based approach. **Implementing community-based maternal care models, such as those facilitated by FRCs, has been shown to save an average of \$1,163 per birth.** They also provide a range of services tailored to the specific needs of families, including:

- Health Education and Resources
- Access to Healthcare
- Emotional and Mental Health Support
- Practical Assistance
- Educational Resources

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## Benefits of FRCs for Maternal Health

- Improved Access to Care
- Early Intervention
- Stronger Social Support Networks
- Enhanced Outcomes for Children
- Culturally Responsive Services

## Integrating Maternal Health into FRC Programming

FRCs strengthen the connection with maternal health through:

- Training Staff
- Building Partnerships
- Implementing Evidence-Based Practices
- Leveraging Technology
- Advocating for Maternal Health

## Bottom Line

Family Resource Centers are vital partners in promoting maternal health, offering **comprehensive services that address the diverse needs of mothers and their families**. By integrating targeted maternal health initiatives, FRCs can further their mission of strengthening families and ensuring healthy, thriving communities.



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Look For  
**BA Item 331 #6**



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