

My name is Tiffany.

I was born too early. I need tubes to breathe and I may not survive.

But I'm not alone.



1 in 6

babies in Detroit are born premature

Make Your Date™ is here to help moms and babies arrive at their due dates happy and healthy.

Ensuring women have full-term pregnancies is our top priority and it's our job to make essential medical care simple, easy, and comforting. We want all moms-to-be to visit a doctor. That's because just one simple cervical exam may increase their likelihood of having a healthy delivery by almost 50%. And healthy babies are how we create healthier communities and a healthier Detroit.

All Make Your Date™ Moms Get:

A Make Your Date™ Healthy Baby Plan - to guide moms-to-be from conception to baby's first birthday

Assistance with finding and connecting with a **prenatal care provider**

References for **insurance sign-up**

Friendly follow-up throughout pregnancy by dedicated

Make Your Date™ staff to help and encourage mothers with following their Healthy Baby Plan

Assistance with obtaining **cervical length screening** and access to **Progesterone treatment**

FREE pregnancy education classes

Group prenatal care (select locations)

Assistance with transportation issues (bus/parking passes/Lyft rides)

Referrals to services, including SisterFriends Detroit and home visiting programs

Support our mission:

Become a Sponsor or Donate:
www.makeyourdate.org



www.makeyourdate.org
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