

# Birth Defects Are More Common Than You Think

Every 4.5 minutes, a baby is born with a birth defect in the United States.



## You are not alone.

There are many resources and support services available for families and children with birth defects.

## Talk to your child's Primary Care Provider.

Your child's doctor is the first place to start in finding support for you and your child.



## It's okay to ask for help.

Finding support can be beneficial for you, your child, and your family.

## Self-care is important.

Caring for a child with special needs can be exhausting. Be sure to take care of yourself, too!



## What resources are available?

Support programs are available for families affected by a birth defect diagnosis. Some of these include: *Tennessee Early Intervention System (TEIS)*, *Family Voices of TN*, *CHANT*, and *Children's Special Services (CSS)*.



See reverse side for more details on these programs.

**LEARN HOW YOU CAN GET INVOLVED TODAY !**

# RESOURCES AND SUPPORT



## How much does it cost?

If your family meets diagnostic and financial requirements, most of these support services are available *at no cost to you*.

The Tennessee Early Intervention System (TEIS) is a program that provides services to young children who have disabilities or other developmental delays.

**TN** Department of  
**Intellectual &  
Developmental Disabilities**



**FAMILY VOICES**  
of Tennessee



Family Voices of Tennessee, a program of the Tennessee Disability Coalition, where families provide free emotional and educational support to other families of children with birth defects.

The Children's Special Services (CSS) Program may provide coverage for comprehensive medical care and other non-medical resources for children with physical disabilities and special health care needs from birth to 21 years of age.

**TN** Department of  
**Health**



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**Health**



Community Health Access and Navigation in Tennessee (CHANT) offers service through Local Health Departments to assist families with coordinating medical and social service needs.

## Other Resources

For more information,  
please visit:

### March of Dimes

<https://www.marchofdimes.org/>

### Caregiver Action Network

<https://www.caregiveraction.org/resources/10-tips-family-caregivers>

### Centers for Disease Control & Prevention

<https://www.cdc.gov/ncbddd/birthdefects/families.html>

## Where do I start ?

Scan the QR codes today for more information and self-referral.  
Visit the TN Department of Health website for more information:

<https://www.tn.gov/health/BirthDefectsInfo>

For additional questions or assistance, speak with your child's healthcare provider, or contact the Tennessee Department of Health at: **Birth.Defects@tn.gov**