



Families who participate are offered in-home support services until the child enters Head Start, Kindergarten, or turn 5 years old.





## CONTACT US

Healthy Families Herkimer County is funded through a grant by New York State Office of Children and Family Services (OCFS).

 301 N. Washington St.,  
Herkimer, NY 13350

 +315-867-1176

 +315-867-1612

 [herkimercounty.org](http://herkimercounty.org)



## MAKING A REFERRAL

Healthy Families is available for Herkimer County residents who are either pregnant or who have a child aged 3 months or younger.

Anyone can make a referral to Healthy Families- you can even refer yourself! We strive to talk with all expectant parents and parents of newborns in Herkimer County.

**Look for our surveys (referral forms) throughout the community (prenatal clinics, WIC, doctor's offices, etc.) or contact us at: (315) 867-1176**



**healthy families**

Herkimer County

An Affiliate of Healthy Families America

A Program of  Herkimer County  
Public Health

**A FREE and voluntary program to help you meet the challenges of parenting.**



**Did you know that the first THREE years of life are the most critical time in a child's development?**

**But did you also know...YOU are your child's first and best teacher they will ever have!**

**Healthy Families wants to help you be the best parent you can be.**



## HEALTHY FAMILIES HERKIMER COUNTY

Healthy Families is an evidence-based program and the research shows that home-visiting can positively impact the lives of children and their families. Enrolled families have healthier babies, demonstrate better knowledge of parenting and child development, create positive family bonds, develop connections to community resources, and have children who perform better in school.

Our program is made up of a team of individuals who have been trained to provide families with support and up-to-date information on:

- Parenting
- Child Development
- Community resources

**Having a child is a big responsibility and being a parent can be a challenge in many ways.**

**ALL parents have worries, questions, and stress. Parenting skills are not just something that we are born with, they are something we learn together**



## WE CAN HELP:

- ✓ Explain your baby's development and your feelings during pregnancy
- ✓ Enhance positive parent involvement with learning
- ✓ Teach you about child development and the milestones after the baby is born
- ✓ Share ways to help your baby learn
- ✓ Connect you to community resources
- ✓ Provide support for you, as new parents
- ✓ Build confidence in your parenting skills
- ✓ Provide support for you, as new parents
- ✓ Provide breastfeeding support