

BUILDING HEALTHY FAMILIES



A happy baby starts with a healthy pregnancy!

Ready for Baby? Building Healthy Families Can Help!

You don't know what you don't know.



Babies don't come with instructions, and most parents can use a little support.

Building Healthy Families offers all sorts of quality support before a baby is born, so that new parents are prepared to face big changes and challenges when the smallest member of the family arrives.

During early pregnancy, home visitors share information about how to stay healthy and feel good while expecting.



They provide nutritional guidance, advocate for medical care that meets family need, and offer activities and ideas to alleviate stress.

Expectant parents concerned about finances are linked to services they may be eligible for, such as the WIC program or SNAP benefits, or they are given local resources that provide low cost baby items or free infant furniture and clothing.

Building Healthy Families Support Specialists bring games, activities, and resources to the home that support parents to make feeding decisions, choices about infant care, sort out job and educational choices, and make life-style changes.



Prenatal families are screened for depression and connected to emotional support when needed. They develop birth plans and set goals to accomplish before the birth, such as setting up a sleep space, saving money, or finding a pediatrician.

Home visits during pregnancy include time to bond with baby, and Support Specialists offer enjoyable activities to initiate parent-child bonding based upon the stages of fetal development.



Evidence-based curricula is discussed according to need and interest. Topics may include: how to grow baby's brain, what to expect during labor and delivery, or how to build and maintain healthy relationships.

Dad's Corner

Fatherhood involvement during pregnancy lowers maternal stress & can lead to a healthier birth outcome.