

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities

The Goals of Building Healthy Families are to:

- Nurture parent and child bonding
- Reduce the stress that comes with parenting
- Promote optimal child health and social-emotional development
- Support family resilience and well-being

Building Healthy Families can support your family from pregnancy to Kindergarten.

Building Healthy Families recognizes the important role of fathers and offers culturally respectful support to all parents.



Opportunities For Otsego
3 West Broadway
Oneonta, NY 13820

www.ofoinc.org/bhf

Babies do not come with instructions. Partnership with Building Healthy Families provides guidance for taking your first steps as a new parent.

This program is funded in part by the
NYS Office of Children and Family Services



Building Healthy Families



607.433.0444 | 800.986.5463

Raising a Baby is Hard Work. Most Parents Can Use Support.

For more information contact OFO at:

607.433.8000 or
800.986.5463

Monday – Friday
8:00 AM – 5:00 PM



What Can Building Healthy Families Offer Me?

Parenting Partnership: Build your confidence and skills as a parent and develop strategies to address challenges.

Visits at Home: Guide your own services to achieve your personal and family goals.

New Information: Achieve a healthy pregnancy, optimal birth outcomes, and a successful start to parenting.

Relief From Stress: Explore creative parenting techniques and coping mechanisms.

Opportunities for Have Fun: Enjoy raising a happy, healthy child.

Connection to the Community: Find resources, meet new people, and share your talents.



What Can Building Healthy Families Offer My Child?

A Healthy Childhood: Keep your child healthy and strong through preventive care and nutrition.

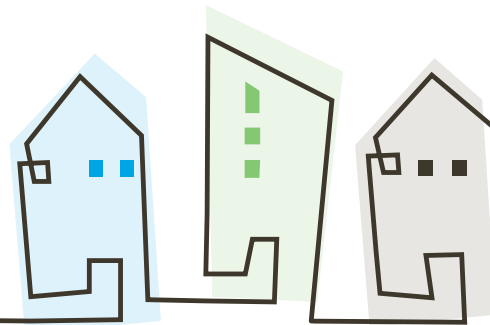
A Safe Childhood: Learn what it takes to raise a child with a bright future.

Emotional Well-Being: Protect your child from the impact of hard times.

Fun Ways to Grow: Use developmental screenings and our creative activities to build your child's skills through play.

“Weekly home visits have provided me with the education on how to deal with the life changing experience of becoming a parent. Without the program, we would have felt alone.”

- Program Participant -



How Do I Become Involved?

Complete Our Survey. Available at your prenatal provider's office, through WIC, or online at

ofoinc.org/bhf

Or Call Us At:

**607.433.0444
800.986.5463**

Partnerships with Building Healthy Families begin during pregnancy or before your baby turns 3 months old.

Join Us Today

Services are free, voluntary, and confidential.

For more information:

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