

Building Healthy Families is as Unique as Your Family:

- No income requirements
- Participation is completely voluntary
- Available for first-time parents and families with multiple children
- Parents help design and guide home visits
- Fathers are encouraged to take an active role
- Home visitors know the community and are culturally responsive
- Support from pregnancy to Kindergarten

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



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



3 West Broadway
Oneonta, NY 13820

www.ofoinc.org/bhf

[facebook.com/ofoinc](https://www.facebook.com/ofoinc)

[instagram.com/opportunitiesforotsego](https://www.instagram.com/opportunitiesforotsego)

Childhood lasts a lifetime. A healthy family makes it happy. Join Building Healthy Families today and make the most of YOUR parenting journey!



Building Healthy Families



607.433.8024

With You Right from the Start
Because Parents Need Care Too

For more information contact OFO at:

607.433.8024
D/HH/DB Relay- 711

Monday – Friday
8:00AM – 5:00PM

Language Interpretation
Services Available



What Can Building Healthy Families Offer Me?

Parent Confidence: Someone to check in with in the comfort of home

Parent Education: Information on pregnancy, birth, newborn care, and child development

Parent Guidance: Strategies to address stress and concerns

Parent Support: Connections to local resources and needed services

Parent Pleasure: Fun activities to enjoy with your child and social opportunities



What Can Building Healthy Families Offer My Child?

A Healthy Childhood: Current and evidenced-based information on health care and nutrition

A Safe Childhood: Partnerships to create a safe environment and address concerns

A Happy Childhood: Activities to have fun together and strengthen your bond

A Bright Future: Experiences that boost brain development and create memories

“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 -

It's Never Too Early to Start Building Your Healthy Family

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

Raising a child is hard work; most parents can use support. Reach out today to learn how Building Healthy Families can support you during your parenting journey:

Call Us

607.433.8024

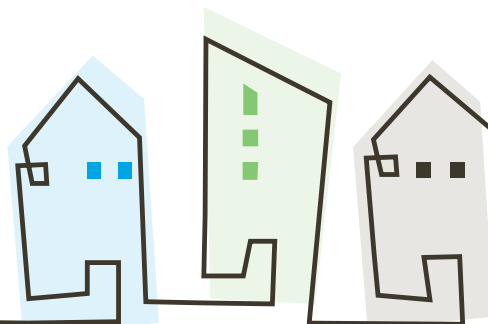
Email

bhf@ofoinc.org

Fill Out Our Online Parent Survey

ofoinc.org/bhf

Parent Surveys are also available at most prenatal care provider and Pediatrician offices; at Bassett Healthcare Birthing Center; and through WIC.



More information
online:

