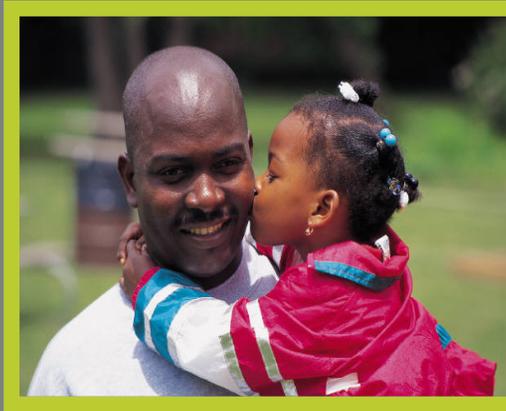


Why Healthy Families America?

- Babies begin learning at birth—the first three years are the most critical to their future learning.
- The first years of life are also when children learn to trust and develop attachments.
- Early parent-child contact sets the stage for all the relationships a child will have.
- Parents need the most current information on how babies grow, change, and develop.
- Services are voluntary and free to the family.

“I had no support or family here and I had domestic violence issues. I could not have done it without the support and caring of Healthy Families America”

“As a dad, Healthy Families America helped me learn how to help with my baby. In the beginning I didn’t know where I fit in.”



Lincoln-Lancaster County Health Department—Healthy Families America Program



3140 'N' Street
Lincoln, NE 68510

Phone: 402-441-4103
Fax: 402-441-6219



Healthy Families America

Lincoln-Lancaster County
Health Department

**Giving Babies a
Brighter Beginning!**

About Healthy Families America

Through the Lincoln-Lancaster County Health Department's Healthy Families America program, support and encouragement is provided to new parents by recognizing their strengths and sharing information during home visits to the new family. By building confidence, reducing stress, and maximizing the joys of being parents, Healthy Families America helps parents and children grow together.

The Facts

- Parenting is the most difficult and important job anyone will ever have.
- All parents need support and encouragement.
- Parents deserve a voice in deciding what their needs are and what services and programs will help them.
- Additional information on child development, bonding, discipline, health issues and community resources is useful to all parents.

“I did not know what to do with my non-stop crying baby, and Healthy Families America helped me.”



Services

Through weekly contact with each participating family, information is provided about:

- Pregnancy, infant care, and postpartum care.
- Recognizing and caring for your baby's needs.
- Discovering what to expect as your child grows.
- Ways to play with your baby to encourage normal development.
- Diet, nutrition, and exercise.
- Benefits of breastfeeding.
- “Baby-proofing” your home.
- Problem-solving advice.
- Ways to continue your education.
- Developmental screenings.
- Assist in linking families to community resources.
- Assist you with working on goals that you want to work on.

“I was depressed after my baby was born, and Healthy Families was the only support I had to come through it. Due to their sincere caring, I went to college and graduated!”

Getting Started

- Families must live in Lancaster County.
- Families must be expecting a baby or have an infant less than 3 months old.
- Families must be interested in child development and related issues.
- A home visitor will contact you to schedule an interview and determine if you are eligible for the program.
- Although this program is offered to families at no charge, there are a limited number of families who can participate at one time.
- Or call 402-441-4103 and leave your contact information.

