

Strengthening Families One Home Visit at a Time

Visits through Healthy Families are always free and voluntary!



Why Home Visits?

Being a parent is the most important job you will ever have. Parenting is hard and every parent needs support and encouragement. Your baby's relationship with you impacts their ability to trust, learn and have stable relationships.

Contact Us

Healthy Families Home Visiting



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Healthy Families is a program of the Lincoln-Lancaster County Health Department in partnership with CEDARS.



About Our Program

The Model

Healthy Families America (HFA) is an evidence-based model with many proven positive outcomes. HFA parents are more likely to parent in ways that promote healthy child development and create safer home environments. HFA moms show improved mental health and lowered parenting stress. HFA children perform better on developmental screens (meeting milestones) and have fewer behavior problems. HFA reduces barriers and connects families with essential community resources.



“My home visitor offered me resources that I had no idea were even available. She also cared about my feelings and goals!”

—HFA Participant



Our Team

Home Visitors include both Public Health Nurses and Community Health Workers. Several are Certified Lactation Counselors to support breastfeeding, and many are endorsed in Infant Mental Health to best support the social and emotional development of children. Staff receive extensive training in child development, family support, and working with diverse cultures, and have a wealth of knowledge about community resources.

Eligibility

Families eligible for the program:

- live in Lancaster County
- are expecting a child or have an infant less than 3 months old
- are interested in learning about their child's development

Home Visits

Your home visitor will focus on the things that matter to you! Examples may include:

- ways to help your child learn
- goals you have for your family
- how to keep your child safe
- assistance with health insurance or finding a doctor
- connecting you to resources