

Nurturing Connections

A new baby brings parents joy, excitement, stress, many changes and lots of questions. Nurturing Connections is a voluntary, weekly telephone support program for first-time mothers who receive their prenatal care at the Women's Center and give birth at the Yale-New Haven Children's Hospital. Nurturing Connections helps answer questions about baby care and parenthood and offers new parents emotional support, information about parenting skills, increased awareness of the many resources in the community and referrals to those resources, if needed.



Shortly after the birth of the baby, the new mother meets with a Yale-New Haven social worker to talk about Nurturing Connections. For up to six months, trained volunteers make weekly or biweekly calls to the new mothers to help them cope with the added responsibilities of parenthood.

Nurturing Connections offers:

- Trained volunteer phone support for three to six months after the baby is born
- A calendar which outlines what to expect in the first year of your baby's life
- A parent resource booklet describing services for parents and young children in the greater New Haven area
- Emotional support for new mothers
- Help with referrals to community resources
- Monthly mailings of printed materials about infant care, child development and self-care.

Nurturing Connections is a voluntary program and services are offered free of charge.

Nurturing Connections is supported by:

Yale-New Haven Children's Hospital, Yale-New Haven Hospital Department of Social Work,
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