

# Nurturing Families Home Visiting

The Nurturing Home Visiting program is a home visitation program that helps support first-time parents to meet the challenges of parenthood, create a safe environment for their child and learn positive parenting skills.

## Services include:

- Home visits
- Parenting education
- Supportive services
- Community Resource connections
- Linkages to medical providers
- Child development

## Eligible families:

- Live in New Haven, East Haven or West Haven
- Receive prenatal care at Yale-New Haven Hospital's Women's Center
- Are in the third trimester of pregnancy or have a baby under the age of three months



Each family who is assessed to be eligible and agrees to participate is assigned a family support worker who makes home visits once a week and develops an individualized plan to help strengthen the family, enhance child growth, and help the family use available resources to care for their children.

Families are enrolled at the Women's Center prenatally or up through their child's third month of life. Services are provided up to the child's fifth birthday.

## What new families can learn:

- How to deal with the physical and emotional stress of parenthood
- How to find their own strengths and skills and build on them
- New problem solving skills
- How to adopt positive parenting techniques
- How to promote healthy childhood growth and development
- How to use support systems, including local or regional social services
- How to provide a safe and healthy home environment

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

This program is supported by:

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