

Come Join Us!

What is Healthy Families?

*Healthy Families is a
voluntary home visiting
program designed to
support new parents
as they raise healthy
successful
children.*

*See inside for
details.*

Healthy Families Maryland
Mid-Shore Region
is supported by the
Community Partnership for Children,
Families of **Queen Anne's County**

Talbot Family Network,
Talbot County &
Family & Community Partnerships of Kent County &
Governor's Office for Children
Caroline County &
Maryland Department of Health &
Queen Anne's County Department of Health,
Talbot County Health Department,
Kent County Health Department &
Caroline County Health Department

Enroll Today

**FOR MORE INFORMATION
CALL OR CONTACT:**

Queen Anne's County Department of Health
206 North Commerce Street
Centreville, Maryland 21617
Phone: (410) 758-0720
Fax: (410) 758-2838

Talbot County Health Department
100 South Hanson Street
Easton, Maryland 21601
Phone: (410) 819-5600
Fax: (410) 819-5690

Kent County Health Department
125 S. Lynchburg Street
Chestertown, MD 21620
Phone: (410) 778-1350
Fax: (410) 778-7913

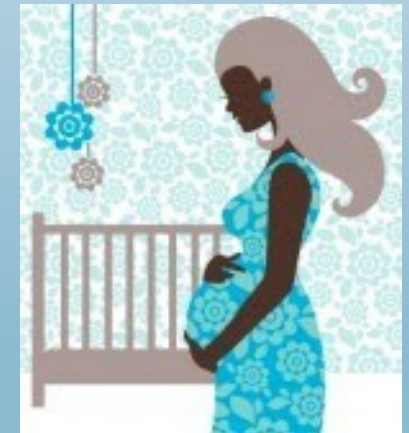
Caroline County Health Department
332 N. Main Street
Federalsburg, MD 21632
Phone: (410)479-0514
Fax: (410)754-6080

In accordance with Federal and State mandates, The Maryland Department of Health & Mental Hygiene prohibits discrimination in the delivery of services on the basis of race, sex, age, color, national origin, religion or belief, marital status, sexual orientation, gender identity and expression, genetic information, political opinion or affiliation, and mental and/or physical disability.



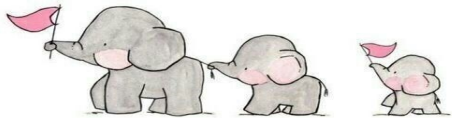
**QUEEN ANNE'S ♦ TALBOT
KENT ♦ CAROLINE COUNTIES**

Be your child's
BEST first
teacher..... Join the many families
who have seen the benefits
of this program.....
Enroll with *Healthy Families*



Queen Anne's County - (410) 758-0720
Talbot County - (410) 819-5600
Kent County- (410) 778-1350
Caroline County -(410) 479-8000

Healthy Families is an evidence-based, high quality home visiting program accredited through Healthy Families America designed to help expectant and new parents begin their journey as a parent. Families participate **voluntarily** in the program and receive home visiting and referrals from trained staff. By providing services to overburdened families, HF strives to provide all expectant and new parents with the opportunity to receive the education and support they need at the time their baby is born...



HOW YOU CAN HELP

1. Be willing to have personal home visits with a certified home visitor.
2. Participate in group meetings.
3. Develop family goals to ensure your family's success.
4. Share your questions and concerns with your home visitor.
5. Watch your baby grow into a dynamic child.

LEARN HOW TO:

- ▶ Prepare for the birth of your baby...
 - ❖ What to expect in labor and delivery
 - ❖ What you will need for your baby
 - ❖ Build your confidence as a new parent
- ▶ Enjoy being with your child and feel successful as a parent...
 - ❖ How to make routines like mealtime, bath time, and diaper changing more enjoyable
 - ❖ How to have more fun together during playtime
 - ❖ Help your baby get over being fussy and ways to get your baby to sleep
- ▶ Better understand what your child is telling you...
 - ❖ How to understand when your child wants to be held or needs attention.
 - ❖ How to tell when your child is playful, curious, hungry or tired
- ▶ Promotes healthy brain development and school readiness...
 - ❖ What to expect and anticipate in the early years of your child's development through toys and activities that are right for your child's age.
 - ❖ This interaction helps children become ready to learn and grow into productive and healthy adults.

WHO IS INVITED TO PARTICIPATE?

NEW AND EXPECTANT PARENTS

PARENTS WITH A NEWBORN LESS THAN THREE MONTHS OLD.

MARYLAND CHILDRENS HEALTH PROGRAM (MCHP) or MEDICAL ASSISTANCE (MA) PARTICIPANTS.

YOU AND YOUR BABY'S RELATIONSHIP IS THE MOST IMPORTANT THING!



This is what some of our current Healthy Family participants have to say about the program:

"The Healthy Families program has helped us learn different activities that I can do with our son. These activities gave us learning time and more importantly, bonding time."

"I was pregnant, and scared to death. My home visitor brought me handouts and videos to prepare me for the birth of my baby. I felt much more at ease."