

We Believe:

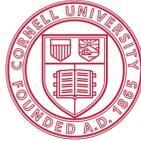
- Being a parent is the most important, challenging, and fulfilling job you will ever have.
- All parents can benefit from support and information.
- The first years of life are the most critical time in a child's development.
- Positive parent-child interactions promote physical health, intellectual growth, and emotional well-being.
- Family support services should be based upon respectful and trusting relationships.

And we believe that
DADs are important!
We encourage their
involvement as much
as possible!



Healthy Families Jefferson County

is a program of the North Country Prenatal/
Perinatal Council, in partnership with Cornell
Cooperative Extension Jefferson County.



Cornell University
Cooperative Extension
Jefferson County

Our program is funded in large part by the
NYS Office of Children and Family Services.



Office of Children
and Family Services

We are an affiliate of and guided by
Healthy Families New York and
Healthy Families America.



healthy families
new york
An Affiliate of Healthy Families America™

Location

200 Washington Street, Suite 300
Watertown, NY 13601

Office Hours

Monday - Friday / 8:00am - 4:30pm
315-788-8533 or 800-279-8679
315-788-1726 (fax)

www.ncppe.org/hfjc
www.facebook.com/ncppe.org

8/2017



Supporting Families
Right From The Start

315-788-8533 | 800-279-8679



What Can Healthy Families Offer Me?

A Family Assessment is the first step to becoming involved in Healthy Families. A Family Resource Specialist will talk to you about the challenges and successes you are having and provides information on community resources and programs. The **free** and **voluntary** assessment is completed in your home or another convenient location during your pregnancy or before your child turns 3 months old.

Home Visiting with Healthy Families is offered to families throughout Jefferson County. A Family Support Specialist can help you explore what you want for yourself, your baby, and your family, and then help you get there.

Relief From Stress that comes with being pregnant, having a new baby, and other life situations by exploring new coping skills and offering emotional support.

Opportunities To Have Fun! Family Support Specialists will introduce activities at each stage of development that your family can do together with toys or items that you already have around your home.

Information on your developing baby and caring for a newborn, including the baby's father in daily routines, new ideas on discipline, and anything else you would like to know.

Connection To The Community by learning about available resources, providing referrals to area organizations, opportunities for group events with other parents, and help with scheduling appointments and arranging transportation.

What Can Healthy Families Offer My Child?

Your Family Support Specialist can help give you and your child the most valuable gift of all—a loving, nurturing, happy family. We will show you new ways to care for your growing baby that will help them become the best they can be.

A Healthy Childhood by helping you obtain health insurance, gain access to a medical provider, as well as providing information on nutrition and other childhood health issues.

A Safe Environment through parent education on home safety, SIDS, discipline techniques, car seat safety, and referrals to community organizations.

Encourage Overall Development through regular developmental screenings and activities based on your child's skills.

Ideas For Play that will encourage bonding and promote a positive relationship between you and your child.



How Do I Become Involved Or Get More Information?

If you live in **Jefferson County**, to take advantage of our **free** and **voluntary** services you may either:

Ask your health care provider to send us a referral on your behalf.

Or **Call Healthy Families** to schedule your **free** and **voluntary** Family Assessment at:

315-788-8533



Healthy Families is able to support your family from pregnancy up until your child enters preschool or kindergarten.