



Center For Family Services

HEALTHY FAMILIES PROGRAM HIGHLIGHTS

- Understanding that many of the mothers referred to Healthy Families are lacking emotional support and encouragement, Family Support Workers provide intensive home visits, teaching mothers about various stages in the development of their children and offering support. Less than 15% of families involved with the program have another child before they are self-sufficient.

- Workers provide families with child development curriculum that addresses changes in the children's emotional, physical, intellectual and social development.

- A major focus of the program is ensuring the parents finish high school and gain meaningful employment. Healthy Families links the young parents with housing, educational resources and other supportive community programs needed to be successful.

- Healthy Families helps mothers learn about their babies. Through role playing and modeling techniques, parents are shown how to read to and play with their children; how to discipline appropriately; and how to dress and care for their children.

- Outings such as trips to the park offer the chance for Family Support Workers to teach parents how to pack for an outing; how to protect their children from cold weather or sunburn; and the best methods of transporting their children safely.

- Family Support Workers go with parents to the children's doctor visits, asking questions and ensuring the children are receiving the proper care needed. By watching and learning from the Family Support Worker, parents gain the confidence and skills necessary to advocate for their children's healthcare.

- Children involved with the Healthy Families program are screened every 6 months for developmental delays. Most deficiencies are remedied by the time children begin school.