



## What parents are saying about Healthy Families:

- *“Healthy Families has helped me and my family by keeping us more in tune with each other. My self-confidence has improved. I feel more able to deal with problems and stress.”*
- *“I’ve always had a hard time reaching out and it’s getting easier to know that I do have support and I’m cared about. I’m learning I’m not alone and that I can do it.”*
- *“I like the feeling that all our individual families are one big family.”*

All Healthy Families services are voluntary and have a single goal... to help new parents meet the challenges of parenting.

### Healthy Families is funded in part by:

- Brown County Human Services
- United Way
- Family Preservation & Support
- Family Foundations
- Private Donations



Supporting all people through life's challenges and transitions.



1822 Riverside Dr, Green Bay, WI 54301 (920) 436-4416  
 827 N 8th Ave, Sturgeon Bay, WI 54235 (920) 746-9040  
 P.O. Box 22308, Green Bay, WI 54305-2308

Family Services of Northeast Wisconsin, Inc.  
 (920) 436-6800 (800) 998-9609  
[www.familyservicesnew.org](http://www.familyservicesnew.org)

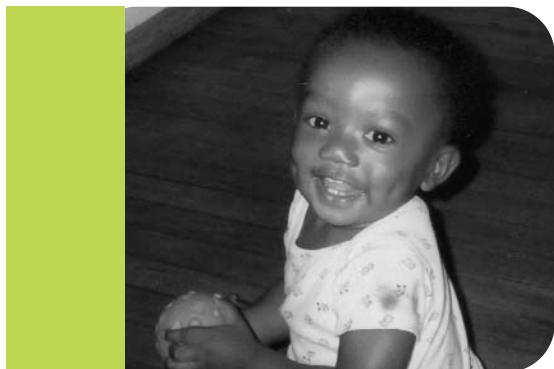


~ For children and families residing in Brown or Door County



## What is Healthy Families?

Healthy Families is a program of Family Services of Northeast Wisconsin, designed to assist families and their newborn babies.



Healthy Families services are **always voluntary**. Its purpose is to **provide guidance and support to parents** to get babies off to the best start possible.

Since babies don't come with their own set of instructions, taking care of them, especially newborns, can be confusing and stressful. The Healthy Families program is geared toward helping relieve some of this stress and to help cope with other situations at the same time.

## How does Healthy Families Work?

While you are pregnant or shortly after your baby is born, you will be visited either in the hospital or in your home by a Healthy Families employee. She will ask about your level of interest in receiving supportive services.

If you want to learn more about the program, a Family Support Worker will set up a time to visit with you again. The role of your Family Support Worker is to provide emotional



support to parents, share information about the baby's care and development, and help link families to community resources as needed.

Healthy Families is committed to supporting families as long as they feel a need for the program. Our ultimate goal is to ensure the best possible start for your new baby.

## What can Healthy Families do for me?

Parenting is both rewarding and challenging. You may experience feelings of anticipation and excitement, but you may also feel anxiety, worry, and isolation. It may be difficult to keep things running smoothly while devoting attention to your baby, especially if friends and family aren't available during stressful times.

Your Family Support Worker will become a person you can count on. She will help you determine what your family wants and needs and then help you to get it. She is there for both Mom and Dad, as well as your baby.

Usually, your Family Support Worker will visit with you in your home once a week. She will answer any questions you may have about how your baby is eating, growing, sleeping, and learning. She can give you ideas on how to keep your baby healthy and happy. If you need assistance with housing, food, medical care, school, or work, she can point you in the right direction. She may also take you to doctor's visits or other appointments to ensure that your baby stays healthy.



## How much does it cost?

**All Healthy Families services are free.** Your Family Support Worker will also share free parent education materials and has toys that you can borrow. Healthy Families can also provide assistance with obtaining a crib, car seat, clothing and other basic supplies for your baby.

In addition to the home visits, Healthy Families offers early childhood play activities, storytimes, and parent support groups. Through donations, the Healthy Families program is also able to provide fun activities and outings for the whole family at various times throughout the year.

The Healthy Families program is accredited by:

