

Having Your First Baby?

Healthy Families Program Can Help You

A service provided by:
Shelter, Inc.
in partnership with:
Northwest Community Healthcare
Alexian Brothers Ministry Fund
Alexian Brothers Medical Center Foundation

What is Healthy Families?

A program that helps first-time parents meet the needs of their new baby. We will answer questions and share information to help you in the hospital or at home.

This specialist understands your child's growth and the challenge of being a first-time parent. The family support worker is aware of the services in your community that can support you in your new role as a parent.

Who can benefit from this service?

First-time parents who live in the Northwest Suburbs and Northern Kane County.

How will this program work for me?

You will decide. This is a free educational service that can:

What happens when I join the program?

A family support worker will meet with you to provide you with information about your new baby, as well as the resources and supportive services in your community.

- ◆ Offer family support in your home or at our office.
- ◆ Help find available resources in your community for you or your baby.
- ◆ Offer workshops on infant and child care.

Who is a family support worker?

A very caring individual with experience and training in child development and parenting education.

How do I reach Healthy Families?

Ask your doctor, nurse or social worker to contact us, or you can call us at:

847.255.8060.

The History of Healthy Families

The **Healthy Families Program** is based on two decades of research. The program was initially pioneered as a statewide home visitor program through Hawaii's Healthy Start, a project of Hawaii's Department of Public Health. Since 1991, the program has expanded beyond Hawaii with impressive results. As of 1999, there were over 400 sites across the United States, providing services to over 40,000 families.



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