

Being a parent is a **big job.**
We can help.



Healthy Families
Volusia ~ Flagler
109 Executive Circle
Daytona Beach, FL 32114
386.252.4059
www.healthystartfv.org



Healthy Families Volusia ~ Flagler
Sponsored by the Ounce of Prevention Fund of Florida and
the State of Florida, Department of Children and Families.

Promoting Positive Parenting

A Proud Part of the
Healthy Families Florida Network



Get the support you need to be the best parent you can be.



What is Healthy Families?

Healthy Families is a free, voluntary program that gives families useful information on parenting and child development. Being a parent is an important and sometimes difficult job. We offer tools to make the job easier. We want families to have the support they need to reach their goals and build a bright future for their children.

What can Healthy Families do for you and your family?

A family support worker will visit you in your home to:

- ▶ Offer you encouragement
- ▶ Provide information on your child's growth and development
- ▶ Check to see if your child is developing as expected
- ▶ Help you learn healthy ways of dealing with everyday stress
- ▶ Connect you to other community services your family may need
- ▶ Teach you positive parenting skills, activities and age-appropriate discipline options

- ▶ Help you do home safety checks to make sure your family is safe
- ▶ Help you get your child's well-baby checks and immunizations on time
- ▶ Help you set and achieve personal and family goals

Am I eligible for Healthy Families services?

Healthy Families will meet with you to find out if you are eligible for Healthy Families services. **You may be eligible for Healthy Families services if:**

- ▶ You live in an area where the services are provided
- ▶ You are expecting a new baby or you have a baby under 3 months old
- ▶ You have experienced or are currently experiencing stressful life situations that indicate you could benefit from home visiting services

If you are not eligible for Healthy Families services, we will refer you to other resources available in your community.

What will be expected of me?

In order to benefit from services, Healthy Families asks that:

- ▶ You be home for scheduled visits
- ▶ You participate in the activities the home visitor brings for you
- ▶ You set goals for yourself and your family
- ▶ You work to reach the goals you have set

How can I find out more about Healthy Families?

Contact your local Healthy Families program at **386.252.4059**.

We will be happy to talk with you about Healthy Families.

We help *families* provide loving, safe and *nurturing* homes.