



Just as the gentle flutter of  
a butterfly's wing can change  
the path of a hurricane,  
So the gentle beat of a  
child's heart can change  
the destiny of the world.

Children are our  
future and our hope.  
Only they determine  
humanity's progress.

We must protect all children.  
We must feed all children.  
We must educate all children.  
We must love all children.  
They are we and we are they,  
In a joint journey  
to a better future!

--Michael Kami



## Who do I contact for more information?

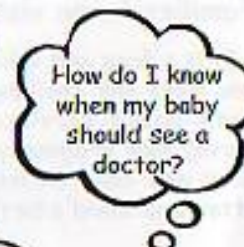
You can contact the  
Healthy Families team at:

520 Seneca Street  
Utica, NY 13502  
Phone: 315.798.6416  
Fax: 315.798.5022



Healthy Families-Oneida County  
is a partnership of the Oneida County  
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## Healthy Families - Oneida County

Approaching the adventure  
of parenting together,  
because children don't  
come with directions.

### ☆ What is the Healthy Families home visiting program?

It is a free and voluntary program to help you meet the challenges of parenting. Our home-based services for families start during your pregnancy or when your child is born and can continue for up to 5 years after your child's birth.

### ☆ How can you get involved?

If you're pregnant or have a newborn, give us a call. You might be referred by your doctor, nurse, obstetrical clinic, or the hospital after the baby's birth. Many new parents fill out a Healthy Families survey at WIC. You can be referred by another community agency and often friends or family spread the word about the program. After we receive the referral, a Family Assessment Worker/Referral Specialist will arrange to meet with you in your home.

### ☆ What happens during the first visit?

The Family Assessment Worker/Referral Specialist will talk with you about your life history, needs, and your personal and family goals. We are especially interested in assisting with challenges you might be facing related to pregnancy or having a new baby. The Referral Specialist will provide information about resources in the community and help you decide which programs and services might be helpful to your family. If you wish, the worker can make referrals to community resources such as support groups, housing, household and baby supplies, day care, education, employment, food and nutrition, and home visiting services.



### ☆ What happens during future visits with the Healthy Families Program?

Home visits provide support and information for you. Family Support Workers are trained home visitors who come from your own community. A Family Support Worker will visit you in your home at a time that is convenient for you and your family.

During pregnancy, Family Support Workers can help you learn about and connect with your growing baby. You might discuss babies' brain development, reducing stress, and eating well during pregnancy to help your baby grow strong.

After birth, Family Support Workers can help you learn about parenthood and gain positive parenting skills. You and your family Support Worker might make baby books together, learn how babies grow and develop, and how to promote learning. You may also explore parenting experiences and information about feeding, bath time, discipline, toilet training, managing sleep problems and dealing with a crying baby.

### ☆ Are there other things a Family Support Worker can help me with?

We link you with medical providers for prenatal care and well baby visits, as well as immunizations, lead screenings and developmental assessments. We also assist with immediate and ongoing needs. When you obtain the services you need through community agencies, your stress will be reduced.

### ☆ What have families said about Family Support Workers?

- They Listen.
- They help you explore feelings.
- They help you look at choices.
- They discuss what steps you can take to get results.
- They help you discover your own strength.
- They provide support for change.

### ☆ What have parents said about Healthy Families?

Because of the program:

- Their relationship with their child had improved.
- They were more likely to use appropriate discipline.
- They were better able to deal with their child's difficult behavior.
- Their child entered school ready to learn.

