

**You can learn:**

How to understand your baby's unique personality.

How children grow & what you can do to enhance their development.

How to read your baby's cues & understand what she/he is telling you.

Skills that will make routines like mealtime, diaper changing, & bath time easier & smoother.

How playing with babies actually makes them smarter.

How to manage stress.

Other services in the communities that are available to you & your baby.



**Let Me Be A Child**

Let me know when I make you proud.

And help me have pride in my own accomplishments.

Let me earn your trust. Then trust me.

I won't let you down.

Let me be. Let me change. Let me grow.

Let me dream.

Share my joy when my dreams come true. Share my tears when they don't.

Let me feel secure in my home.

Help me realize that love is always there.....that I can depend on you no matter what.

Let me run...let me laugh...let me play.

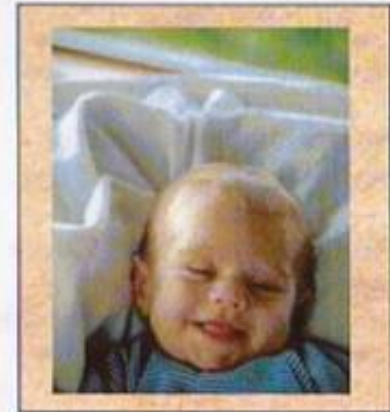
And most of all, let me be a child.

~Anonymous~



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# HEALTHY BEGINNINGS OF SULLIVAN



HELPING PARENTS  
WITH EDUCATION,  
HEALTH, SUPPORT,  
AND COMMUNITY  
RESOURCES



#### Who we are:

Healthy Beginnings provides home visiting services with workers who are respectful, supportive, and encouraging.

Healthy Beginnings providers are nationally trained and knowledgeable about parenting and child development.

Healthy Beginnings providers connect you with community resources including:

- Child Care
- Housing & Shelter
- Financial Needs
- Employment & Training
- Health Care
- Support Groups

#### Healthy Beginnings providers believe:

- That being a parent is the most important job you will ever have.
- That the earliest years after a child's birth form the foundation for the rest of his life.
- That positive parent-child interaction lays the groundwork for a child's growth, success & well being.
- That all families possess strengths & qualities that are unique to them.
- That new parents can benefit from support & information.
- That family support services should be grounded in supportive, trusting and respectful relationships.



#### What We Offer:

- In-home visits with trained workers who provide education, services & assistance with day-to-day problem solving.
- A positive relationship with a worker who will respect your family and offer support & encouragement that will help you to interact with your baby in a way that builds self-esteem.
- Assistance to parents in finding time for themselves & for their growth through education, employment, and counseling, supportive groups & through other positive steps.
- Assistance with attaining goals that are important to you and your family.

