Caring, Sharing and Support for Newborns and the Families Who Love Them

Every Child Deserves a Bright Beginning

This NYS Home Visiting Project is funded through grants from the NYS Office of Children and Family Services, the Department of Health, and private organizations.

Healthy Families
Albany County
Every Child Deserves a Bright Beginning

A collaborative effort between
Albany County Dept. for Children, Youth & Families
Parsons Child & Family Center
Whitney M. Young, Jr. Health Center
Healthy Families

is for families who are pregnant or have newborns.

Having a baby is both exciting and stressful.

- When a baby cries for a long time, is something wrong?
- How can you take care of a new baby when there are others at home who seem to need you just as much?
- When you have a question about your baby, who can you count on for help?
- How can you concentrate on the baby when there are so many other day-to-day issues that demand your time?

Healthy Families is a program to help parents with the changes and needs of their family that come along with the birth of a new child.

What can Healthy Families do for my family?

Our trained Family Support Worker can assist you with:

- Ensuring that your family’s basic needs are met.
- Promoting positive interactions between you and your child.
- Enhancing your understanding about healthy child growth and development.
- Strengthening your family’s support system.
- Setting up links between other programs and community resources.

What can Healthy Families do for my baby?

Help you give your baby the most valuable gift of all—a loving, nurturing and happy family.

Are there any other advantages?

You will have opportunities to attend both social and educational activities.

You will be introduced to other parents with whom you can share experiences.

We provide educational books, videos and toys and your family support worker will assist you in using them to aid your baby’s development.

How much do these services cost?

Nothing. The program is a community service to families living in Albany, Cohoes, Watervliet and Green Island.

For More Information Call Healthy Families

(518) 447-7054