

# strong families



**VERMONT** start at home

## HOME VISITING FOR FAMILIES WITH YOUNG CHILDREN

PART OF CHILDREN'S INTEGRATED SERVICES



## SUPPORTING YOUR PARENTING JOURNEY

- ▶ DURING PREGNANCY
- ▶ AFTER BIRTH
- ▶ AFTER ADOPTION
- ▶ NEWBORN PERIOD
- ▶ TODDLER/PRESCHOOL YEARS

# What Does Strong Families Vermont Home Visiting Offer?

- Free home visits with your own nurse or family support professional.
- Help that begins at any point in pregnancy through the age of 5 for your child.
- Visits in your home or wherever you feel comfortable.
- Convenient, flexible support to help you be the parent you want to be.



## Partner with Us to Make your Journey Easier. We support you with:

- Pregnancy, becoming a parent, and your after-birth experience.
- Breastfeeding and weighing your baby.
- Caring for and comforting your infant and young child.
- Fun ways to play with your child to help their development.
- Ways to connect and respond to your young child to help them feel safe and secure.
- Parenting support as your baby grows and changes their routines, sleeping patterns, behaviors, potty training, and more!
- Connection to other providers, resources, and other families!



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WE'RE HERE TO HELP YOU

CALL **211 EXT. 6**

OR **TEXT HMGVT TO 898211**

**HEALTHVERMONT.GOV/STRONGFAMILIES**