

# Healthy Families Fairfax

## Celebrate your new job of parenthood and prepare for its challenges



Healthy Families Fairfax is for parents who are expecting a child and want help to be the best parents possible.

5 steps to building a brighter future for you and your baby:

### 1 Prepare for the birth of your child

- Prenatal care
- Labor and delivery
- Bonding and attachment

### 2 Promote your baby's health and well-being

- Newborn care
- Nutrition and exercise
- Immunizations and well care checkups

### 3 Grow in your role as your baby's first teacher

- Baby's developmental stages
- Reading baby's cues and communicating with your child
- Activities to prepare your child for school

### 4 Learn useful parenting strategies

- Bedtime and feeding routines
- Positive discipline techniques
- How to soothe your baby

### 5 Connect to community resources

- Playgroups and parent networks
- Child care, health and social service providers
- Therapists and care for children with special needs
- Housing, education, employment and financial counselors

Your family support worker and nurse will:

- Make regular home visits before your child is born and continue until your child is ready for preschool or kindergarten.
- Help answer any questions you have about pregnancy and the best ways to make sure your baby's birth is healthy.
- Teach problem-solving skills you can use during different stages of your child's growth.
- Bring fun and creative activities you and your baby can do together.
- Observe and track your baby's progress during different stages of early life to help prevent any possible health or learning problems.



**A Healthy Families Fairfax family support worker  
and a nurse WORK TOGETHER with you.**

All our services are free, private and confidential; participation is completely voluntary.

# About Us

Healthy Families is a **free and voluntary program.**

A family support worker and a nurse visit you in your home on a regular basis before your child is born and continue until your child is ready for preschool or kindergarten.



## National Recognition

Our program is nationally accredited by Healthy Families America® as a provider of highest quality home visitation services. Staff are certified in the use of a nationally recognized curriculum, Parents As Teachers.

Healthy Families Fairfax is a collaboration of two Fairfax County departments -- Family Services and Health -- and local nonprofit agencies -- United Community Ministries, Reston Interfaith and Northern Virginia Family Service.

*Healthy Families Fairfax – a family support program in Fairfax County*

**For more information or to schedule an appointment  
Call 703-704-6095; TTY 711 or visit**

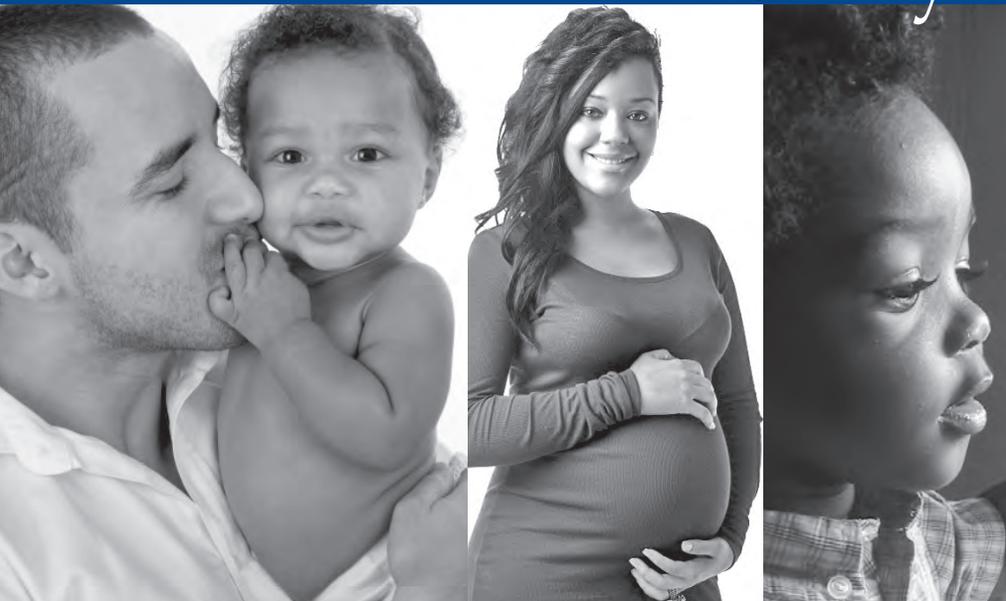
**[www.fairfaxcounty.gov/dfs/childrenyouth/hff-preparing-for-parenthood.htm](http://www.fairfaxcounty.gov/dfs/childrenyouth/hff-preparing-for-parenthood.htm)**



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## Preparing for Parenthood

**THROUGHOUT**  
*Pregnancy and  
Your Baby's  
First Years*

