“Home visits helped me to be a better parent for my daughter. As a single parent and first time mother, knowing I have someone to answer questions, make referrals and check on my child’s progress gives me peace of mind that I’m being the best parent I can be.”

- Mother of six year old, had visits for first four years

The Family Home Visiting program at Horizon Public Health is available at no cost to all families. We offer pregnant and parenting families home visits by a registered nurse who can provide support, information and referrals to community resources.

For more information or to arrange a home visit, call:

800.450.4177
www.horizonpublichealth.org

We’re here for you
PREGNANCY
In the home or at the location of your choice, a registered nurse provides individual prenatal teaching and support on topics such as:

- Health Pregnancy
- Diet/exercise
- Labor
- Breathing & relaxation techniques
- Cesarean birth
- Sleep safety/SIDS
- Infant feeding choices
- Community Resources

NEW BABY
After the birth of your baby, all families are contacted and offered a home visit, which includes:

- Infant weight check
- Breastfeeding assistance & support
- Postpartum depression screening
- Parenting support & referral to available resources
- Safety promotion

FAMILY HOME VISITING
Ongoing home visits are offered to families with children of any age as needed. Nurses support families in the areas of:

- Parenting
- Child development
- Health lifestyle
- Nutrition
- Home safety/injury prevention
- Family planning
- Community resources