

Healthy Families

Healthy Families of Jasper and Newton Counties is a voluntary program designed to assist and support families with new babies. Because parents are the most important people in a baby's life and are the first and most important teachers that a child will ever have, the Healthy Families program was established to provide parents with a wide variety of information and support.

Healthy Families relies on specially trained and qualified staff to provide assistance and support in helping families meet their own individual needs and to help them learn how to best encourage the healthy growth and development of their new baby.

Parenting is the toughest, yet the most important job that anyone will ever have. Healthy Families staff understands the questions and stress that every parent has and can offer assistance with a wide variety of issues.

What Can I Expect from Healthy Families?

- Initially, every family receives a visit from a Family Resource Specialist, who brings a welcome gift to each family and meets with them to discuss any needs that they might have.
- Your Family Resource Specialist is a great referral source for all types of

parenting information. From mom's first day out programs to assistance with locating quality childcare, the Resource Specialist has the answers or knows where to find them!

- Following the visit with the Resource Specialist, families that are interested and voluntarily agree to participate may be offered other services. Healthy Families has developed partnerships with several agencies in the community. We work with these agencies to ensure that families are aware of the many services that may be available to them.
- Healthy Families has a number of materials that home visitors utilize with their families. There are materials available in both English and Spanish. We have a wide range of brochures also available in English and Spanish. Below is a list of available curriculum for use by staff with families.

Healthy Families has a video library that is available for staff to take on home visits. Healthy Families utilizes the following curriculum.

Positive Parenting	Healthy Families San Angelo
PIPE	Great Beginnings
MEID	MOM project
Parents as Teachers	Partners for a Healthy Baby
Making Parenting a Pleasure	

The Baby Boutique

The Baby Boutique is offered to Healthy Families participants. The Boutique provides new supplies to pregnant women and families with infants up to age 3. Healthy Families participants "earn" coupons by attending prenatal exams/visits, parenting classes, having home visits with Healthy Families Support Specialists, well baby check ups, immunizations and involvement with some community events. Participants can then exchange their coupons at the Healthy Families Baby Boutique for children's books, diapers, DVD's, toys, clothing, formula, bottles, etc.

How Can I Help?

The Baby Boutique depends on community support. You can help by donating new clothes, toys, equipment, books, music, etc. Or you can make a financial donation to help purchase items for the boutique. If you would like to host a baby shower and donate the proceeds to the baby boutique or volunteer at the Baby Boutique, please contact the Healthy Families staff at 219-866-0105 or 1-800-582-4198.

