



Healthy Families of Montgomery and Schoharie Counties (HFMSC) is funded through a grant by New York State Office of Children and Family Services (OCFS)

HFMSC is a program of ICAN



healthy families

MONTGOMERY & SCHOHARIE COUNTIES

An Affiliate of Healthy Families America™

Programs of **ican**

What have families said about Family Resource & Support Specialists?

- ✓ They listen
- ✓ They help you discover what you feel
- ✓ They help you look at choices
- ✓ They discuss what steps you can take next
- ✓ They help you discover your strengths
- ✓ They provide support for change

What have parents said about Healthy Families?

Because of the program:

- ✓ Their relationship with their child has improved.
- ✓ They are more likely to use appropriate discipline.
- ✓ They are better able to deal with their child's difficult behavior.
- ✓ Their child entered school ready to learn.



ican
Integrated Community Alternatives Network

1230 Riverfront Center
Amsterdam, NY 12010
(518) 317-2553
www.ican.family



A FREE and voluntary program to help you meet the challenges of parenting



Did you know that the first **THREE** years of life are the most critical time in a child's development?

But did you also know...
YOU are your child's first and best teacher they will ever have!

Healthy Families wants to help you be the best parent you can be.



Healthy Families is a free and voluntary program for residents of Montgomery and Schoharie Counties who are either pregnant or who have a child aged 3 months or younger.* Families who participate are offered in-home support services until the child enters Kindergarten, Head Start or turns 5 years old.

Healthy Families is an evidence-based program, and the research shows that home-visiting can positively impact the lives of children and their families — families have healthier babies, demonstrate better knowledge of parenting and child development, create positive family bonds, develop connections to community resources, and have children who perform better in school.

Our program is made up of a team of individuals who have been trained to provide families with support and up to date information on:

- Parenting
- Child development
- Community resources

Having a child is a big responsibility and being a parent can be a challenge in many ways.

ALL parents have worries, questions and stress. Parenting skills are not just something that we are born with, they are something we learn together.

We can help:

- ✓ Explain your baby's development and your feelings during pregnancy
- ✓ Enhance positive parent involvement with learning
- ✓ Teach you about child development and the milestones after the baby is born
- ✓ Share ways to help your baby learn
- ✓ Connect you to community resources
- ✓ Provide support for you, as new parents
- ✓ Build confidence in your parenting skills
- ✓ Provide breastfeeding support in many ways

Making A Referral

Anyone can make a referral to Healthy Families – you can even refer yourself! We strive to talk with all expectant parents and parents of newborns in Montgomery and Schoharie Counties.

Look for our surveys (referral forms) on our website, throughout the community (prenatal clinics, WIC, doctor's offices, etc.), and contact a Healthy Families team member

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** Some exceptions apply, reach out to us to find out.*