

Why Join Healthy Families Washington County?

- » Supports you in your role as a father, mother, grandparent, etc.
- » Provides ideas to help you create a stimulating learning enriched environment.
- » Helps you find answers to questions you have about parenting.
- » Teaches you about child safety and assists you in making your home a safe place for your child.
- » Provides information on your child's developing body and brain.
- » Provides information on the importance of health care for parents and their children.



Affiliate of Healthy Families America

Funded through the Washington County Grants Office (formerly the Local Management Board) and the Maternal, Infant and Early Childhood Home Visiting Grant in Partnerships with the Maryland Department of Education and the Department of Health.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under 1 X10MC321960100 Maternal, Infant and early Childhood Homevisiting Grant Program (\$7,925,829 total grant award- 0% non-governmental sources). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

This publication was supported by funds through the Maryland Department of Health (MIECHV) Program.

Where do I Call for More Information?

Washington County Health Dept



Healthy Families
240-313-3270
www.washcohealth.org
[Facebook.com/WashHealth](https://www.facebook.com/WashHealth)



Healthy

Families

A Program for Parents



Washington County
Health Department
1302 Pennsylvania Avenue
Hagerstown, MD 21742
240-313-3270
www.washcohealth.org

What is the Healthy Families America (HFA) Program?

HFA is a voluntary home visiting program that was founded on the ideals of excellence, trust and transformation and was launched in 1992 by Prevent Child Abuse America. The program was designed to promote positive parenting, enhance child health and development and prevent child abuse and neglect.

What does the research say about the positive impacts HFA home visiting has with families and in communities?

In February 2011, the United States Department of Health and Human Services named Healthy Families America as one of seven proven home visiting models.

Today, the HFA model shows favorable impact in all eight domains examined by Home Visiting Evidence of Effectiveness, including:

- » Increase in positive parent practices
- » Reduction in Child Maltreatment
- » Improvement in Child Health
- » Improvement in Family Economics Self-Sufficiency
- » Reduction in Juvenile Delinquency, Family Violence, and Crime
- » Improvement in Maternal Health
- » Improvement in Child Development and School Readiness
- » Increase in Linkages and Referrals



Who Can Join?

- » Any resident of Washington County who is pregnant or who has given birth within *2 weeks. This includes primary caretakers such as mothers, fathers, grandparents, etc.

*Some exceptions considered

What are the Program's Goals?

- » To offer support and information on pre-natal care, breastfeeding and labor and delivery.
- » To help families link to community services that meet their needs and interests.
- » To assist parents in preparing their children for school readiness.
- » To cultivate the growth of nurturing, responsive parent-child relationships.
- » To build the foundations for strong family functioning.

How Much Does It Cost?

Healthy Families is a completely FREE and voluntary program. We offer our services to any resident of Washington County, MD.

How Long Can I Be a Part of the Program?

Healthy Families participants can take advantage of the program until their child turns 5 years of age.

What Participants Say About the Program:

"The Healthy Families Program has helped me become a better parent to my child. They are always helpful with any questions I have and the program is just great!"

– Jamie

"Healthy Families helped me form positive and healthy connections with my own child that I had not had with my family growing up."

– Alanna