

# HEALTHY FAMILIES SOUTHERN MARYLAND

## Program Description

Healthy Families Southern Maryland is a non-profit home visiting program for teen and first time parents who are residents of St. Mary's County. The program is part of the Healthy Families America's initiative to assist teen and first-time parents with building positive, healthy relationships with their children.

### ***When can a parent enroll in the program?***

Healthy Families accepts referrals on teen and first-time mothers both prenatal and postnatal. Healthy Families goal is to introduce new parents to the program before the baby reaches three months of age. Although referrals are submitted for the mother-to-be, Healthy Families recognizes that fathers play an important role in the lives of their children. We strongly encourage fathers to participate as well.

### ***What does the Family Support Worker do for parents?***

For prenatal parents, Family Support Workers are able to provide information regarding the baby's growth, the changes occurring to mother's body, birthing plans, bonding and attachment issues, and other related concerns. For postnatal parents, Family Support Workers provide information regarding the baby's growth and development, parenting issues, nutrition, and activities which promote positive parent/child relationships.

### ***How is information presented during a home visit?***

Family Support Workers utilize curriculums which emphasize hands on parent-child activities. Family Support Workers use various means to convey parenting and developmental topics including videos, parent handouts, role-playing, games, toys, and interactive play.

### ***What else can Healthy Families do for parents?***

Through collaborations with our community partners, Family Support Workers are also able to make referrals for supportive services. These services include, but are not limited to, housing, financial assistance, educational, medical, and will depend on the individual family's needs. Healthy Families ultimate goal is to teach parents how to access services independently. As well, Healthy Families offers parents both educational and social opportunities to assist them in their personal growth as a new parent.

### ***How often does the Family Support Worker visit the family?***

Visits are dependent on when the parents enters the program, prenatal and/or postnatal. The level of service is determined by assessing a variety of factors including baby's chronological age, parents' schedule, etc. However, the Family Support Worker typically makes weekly home visits to families during the baby's first year of life.

### ***What if the family does not want to participate?***

Healthy Families is a voluntary program. Parents make the decision when services are no longer needed.

### ***How much does this service cost?***

Healthy Families is absolutely FREE to teen and first time parents.



### Request to Contact

Congratulations!! Few things in life are as wonderful and as overwhelming as having a baby-especially if it's your first. The good news is you're not alone. Healthy Families Southern Maryland is a free service that is available to all teen and first time parents who reside in St. Mary's County. Through regular visits in your home, trained Family Support Workers support parents by providing information on how your baby grows, fun activities to do with your baby, and available community resources.

Our goal is to help new moms and dads like you feel more comfortable in your role so you will become strong, supportive, and nurturing parents to your baby.

By signing this request form, you are only giving permission for Healthy Families Southern Maryland to contact you to tell you more about this exciting program. All services provided by Healthy Families Southern Maryland are voluntary and you are not required to participate by signing this form.

Name of Mother: \_\_\_\_\_ DOB: \_\_\_\_\_

\*Name of Father: \_\_\_\_\_  
\*(Not Required)

Address of Mother: \_\_\_\_\_

Telephone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Baby's EDC/DOB: \_\_\_\_\_ Mother's Race: \_\_\_\_\_

Mother's  
Signature: \_\_\_\_\_

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