

Support for Parents

Healthy Families New Hampshire

Parenting Support for ALL NH Families

Many different types of services are available to guide and assist parents-to-be and parents of young children in the early stages of raising a family. These include Healthy Families New Hampshire, Family Resource Centers, Comprehensive Family Support Services, Head Start, Early Head Start, pre-school and more. The services are all slightly different but share the same goal of promoting healthy pregnancies, positive birth outcomes and creating safe and nurturing environments for children and families to thrive. To learn about Healthy Families New Hampshire and other services, visit www.HealthyFamiliesAmericaNH.org or call 2-1-1 NH.

Helping Families Thrive

Healthy Families New Hampshire has trained family support specialists who visit families in their homes or other locations the family may choose to offer a nationally recognized, evidence-based service. Research shows that home visiting beginning prenatally and continuing through the first few years of a child's life has a positive impact on children and families.¹

Support During & After Pregnancy

Healthy Families New Hampshire helps families who may be first time parents, young parents, parents who have served in the armed forces, or families who need a little extra help and support. While Healthy Families New Hampshire family support specialists start working with families the moment they find out they are pregnant through their child's 3rd birthday, there are other family support and strengthening services to help families. Visit www.NHHomeVisiting.org to search a database for the variety of services in NH, the eligibility criteria and locations.



Meeting families
where they are,
in their homes &
in their lives.



¹ Investing in the Early Years: the Costs and Benefits of Investing in Early Childhood in New Hampshire, 2017. Rand Corporation Report.

Helping One Family at a Time

Healthy Families New Hampshire provides assessments for routine child development, safety and postpartum depression as well as parent education, support and resource connection. Every program is a little different. Some programs may help with transportation to appointments, connection to peers and community or assistance with baby equipment.

Support Where Families Want It, When They Want It

Healthy Families New Hampshire is flexible, confidential, convenient and FREE. Families pick where and when they want to meet and what to work on. Families receive individualized family support and coaching that helps them meet their parenting goals based on personal motivation.

Always Voluntary, Never Mandatory

All families in Healthy Families New Hampshire choose to participate. As a provider, you can make a direct referral by calling a program in your area. It is very helpful if you make the initial referral to get the process started. Families can also call a program directly.

Collaborating with Patients, Clients and Community

Healthy Families New Hampshire can help families:

- Prepare to bring their baby home from the hospital
- Have a healthy pregnancy and delivery
- Feel confident as new parents
- Cope with the stress of raising a family
- Access information to keep their baby healthy and safe
- Find resources such as baby equipment
- Connect with other parents
- Understand their baby's needs
- And so much more!

Call to find a Healthy Families New Hampshire Program Nearest You

Agencies:

- Belknap-Merrimack Community Action Program
603-528-5334 EXT 125
- Waypoint
1-800-640-6486 or 603-518-4000
- Community Action Partnership of Strafford County
603-435-2500

- TLC Family Resource Center
603-542-1848
- Family Resource Center
603-466-5190
- Home Healthcare Hospice & Community Service
603-352-2253
- VNA of Central NH
603-569-2729

