

# Healthy Families Rhode Island

**This family visiting program provides free support to pregnant women and families with infants until their children turn four.**

We will visit you at home or anywhere in your community.

**You can join if you:**

are pregnant or have a child younger than three months

**This program may be good for:**

- pregnant women and new parents who want to build and gain confidence in their parenting skills
- parents who want support dealing with the challenges of being young or new parents



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## What happens during a visit?

A trained Family Support Worker will talk with you about your goals. He or she can answer questions you may have about your pregnancy, taking care of a new baby, and how your child grows. He or she will visit you regularly and work with you to reach those goals.

"My visitor is the most caring person I have met. She makes me feel more of a friend than a client. I feel like she cares. They give great advice. I would recommend this program to all the moms I know."

"Kids don't come with instructions or a guide book. But, Healthy Families is like that guide book. They helped me through the developmental stages, immunizations and other things I just didn't think about."

### To learn more or sign up:

- Talk to your family visitor, if you have one,
- Text "**baby**" to **444999**, or
- Call



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