

## What Healthy Families can do for you!!

As a first time parent you want what is best for your new baby. Healthy Families wants to welcome your baby into the community and make sure you know what services are available to you. Your Healthy Families home visitor can answer questions, calm fears, or just listen. You will receive up-to-date information on how to make sure your baby is healthy and growing properly.



Services are provided to first-time parents in Wise, Scott and Lee counties and also City of Norton

**MEOC - Healthy Families for Southwest Virginia**  
**P.O Box 888**  
**Big Stone Gap, Virginia. 24219**

Phone: 276-523-4202 or  
1-800-252-6362

## Healthy Families For Southwest Virginia



**Promoting strong and healthy families**

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Healthy Families Home visitors will share with you ways to care for your baby that will help your child become the very best that he or she can be! Healthy Families offers support based on individual family's strengths.

- We promote positive parent-child relationships and promote healthy childhood growth and development.
- Each of our Healthy Families home visitors are certified Parents As Teachers Parent Educators.
- Help parents develop good communication and responsiveness skills to promote social and emotional school readiness.

- Parents will learn about infant care, up-to-date developmental information and effective positive discipline.
- Your home visitor will bring information and fun activities and crafts that will promote your child's brain development. Researchers have found that positive parent-child interaction helps promote a healthy functioning brain.
- Healthy Families works with prenatal and birth till the age of 5. We make weekly to monthly home visits to your home and all services are FREE of charge!! So whether you're expecting or have just had your baby think about what Healthy Families can do for you!



- Learn about “How Your Baby Grows” and your prenatal care.
- Your Healthy Families home visitor can provide or arrange transportation if needed to important places such as doctor visits.
- The Healthy Families program provides a Welcome Baby visit to new parents and program incentives to participants.
- Healthy Families provides a parent workshop every other month that is not only educational but also includes crafts, and an opportunity to share experiences of being a first-time parent with other Healthy Families parents! Oh Yeah! There's FREE food and door prizes, too!!

