

**We hope to be  
working with you and  
your baby soon!**

This program is a wonderful  
Opportunity for parents to learn more  
About their baby and truly  
Enjoy the experience of parenthood!

If you have questions  
Please call:  
**(520) 458-7348**



This program is made possible  
With funding from:

The Arizona Department of Economic Security (DES)  
The Child Abuse Prevention Fund

A Collaboration of:

**Child & Family Resources**



and

**The Blake Foundation**



**Child & Family Resources, Inc.**

**Healthy Families**

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**“Parents Surviving  
Kids Thriving!”**



**(520) 458-7348**

**Sierra Vista Healthy Families**

## HAVE YOU EVER WONDERED?

- ◆ What do I need to have a safe nursery?
- ◆ What is the father's role during pregnancy?
- ◆ How will I know what my baby is trying to tell me?
- ◆ When can I expect my baby to begin walking?
- ◆ When will my baby need immunizations?
- ◆ How can I help my baby be healthy and learn?
- ◆ What dreams do I have for my baby?
- ◆ How can I set goals to make my dreams come true?



All parents have these questions. Healthy Families is designed to give you and your family support during the most important years of your child's life. While you discover how unique your baby is, your baby begins to discover the world.

## HEALTHY FAMILIES OFFERS

### HOW YOU CAN HELP YOUR BABY'S DEVELOPMENT

- ◆ Prenatal information
- ◆ Child Development information
- ◆ Links to community resources
- ◆ Ongoing, supportive home visits for up to five years
- ◆ Promotion of family wellness
- ◆ Monthly group activities
- ◆ Eat a balanced diet for your health and your developing baby's
- ◆ Childproof your home before your baby arrives
- ◆ Talk and sing to your baby in a soft, gentle voice
- ◆ Read to your baby a little every day
- ◆ Protect your baby from diseases by keeping up with immunizations and well check-ups
- ◆ Go to your baby every time he or she cries. Try not to wait more than a minute or two before comforting him or her.
- ◆ Hold your infant in your arms during feeding time
- ◆ Provide a safe, clean environment for your baby to explore
- ◆ Seek help and support when you have questions or just need a break

## HOW TO GET SERVICES

If you are pregnant or your baby is less than 90 days old, you may be eligible for the Healthy Families program.

## FOR MORE INFORMATION

Call the Healthy Families Program Director or Family Assessment Worker  
At  
Child & Family Resources  
999 E. Fry Blvd. Ste222  
Sierra Vista  
(520) 458-7348

