

HELP ME GROW BRIGHTER FUTURES



HOME VISITING FAMILY SUPPORT PROGRAMS

Help Me Grow Brighter Futures is an evidenced-based community health program that helps transform the lives of vulnerable mothers and families. We are a collaboration of home visiting programs that serve families and children from pregnancy to age three in Montgomery County.

Our **NO COST** services are geared to educate and support child and family development.

Prenatal Programs

Our Registered Nurses or Home Visitors provide weekly prenatal home visits to mothers who meet federal income guidelines. They focus on prenatal and parent education, healthy pregnancy, healthy birth outcomes, support, and reducing infant mortality.

Additionally, our nurses offer health management of **high-risk issues**, such as:

- Teen Pregnancy
- Maternal medical problems
- Hypertension
- Gestational diabetes
- Addiction concerns
- Advanced maternal age

Primary Caregiver-Infant Programs

Primary Caregiver-Infant home visits are designed to provide specialized follow-up for new mothers or caregivers and their newborn who have met specific criteria making them eligible for a home visit. The Nurse or Home Visitor provides physical assessment of the mother and the newborn, patient education, support for breastfeeding and/or bottle-feeding, newborn care and psychosocial adaptation to parenthood.

Parent Support Programs

Home Visitors will assist families or Primary Caregivers in encouraging a child's growth and development, parenting skills, home safety, social connectedness as well as economic self-sufficiency and school readiness. Our programs offer services to families who meet federal income guidelines. Families who receive public assistance or other benefits may also be eligible.

Early Intervention Programs

Service Coordinators serve all families in Montgomery County who may have concerns about their child's development, children with disabilities, behavioral concerns or children with a medical diagnosis that may lead to a delay. They assist with developmental screenings, child development education and aid in the transition to local school districts if needed.

Home Visiting WORKS

- ✓ IMPROVED NEWBORN & MATERNAL HEALTH
- ✓ PREVENTION OF CHILD ABUSE & NEGLECT
- ✓ IMPROVED SCHOOL READINESS
- ✓ REDUCED CRIME & DOMESTIC VIOLENCE
- ✓ IMPROVED FAMILY ECONOMIC SELF-SUFFICIENCY
- ✓ GREATER ACCESS TO COMMUNITY SUPPORT