

Why Healthy Families?

- Because parents are the most important people in a baby's life.
- Because babies begin learning at birth, and the most important learning happens in the first three years.
- Parenting is a very demanding job and all parents have worries, questions and stress.
- Good parenting skills are not something we are born with - they are something we learn.
- Parents are their child's first and best teachers.
- All families have strengths. Building upon those strengths allows families to make positive changes in their lives.

10 things Healthy Families can do for you!!

- 1) Provide support for new parents
- 2) Provide information on what the baby will be able to do each month
- 3) Build confidence in parenting skills
- 4) Offer practical Child Development information
- 5) Act as a link to Community Resources
- 6) Assist in problem solving
- 7) Discuss all of the wonderful progress you and your child make together
- 8) Answer and provide information on daily questions you might have about parenting
- 9) Help with Stress Management
- 10) Provide information on your baby's health