



## What is Healthy Start?

Healthy Start is a voluntary home visiting program for expecting or new parents.

It is similar to successful programs such as Healthy Families America. It is funded by a grant, and there are **NO** charges for the service you and your child receive!!

**This program is funded in part by**



United Way of McLean County

**You can reach Healthy Start by contacting either of the partner agencies:**



### The Children's Foundation

A Program of The Children's Home and Aid Society of Illinois

403 South State Street  
P.O. Box 1163  
Bloomington, IL 61702  
(309) 827-0374



### The Baby Fold

612 Oglesby Avenue  
Normal, IL 61761  
(309) 454-1770



# Healthy Start

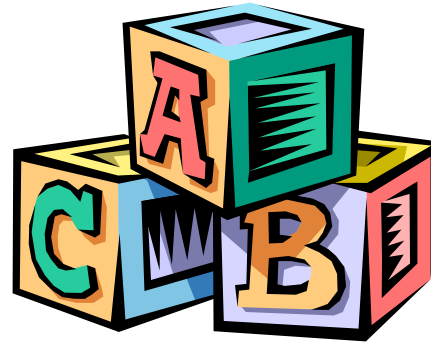
A Healthy Families America Credentialed program

From the moment of conception learning begins – for you and your baby. **Healthy Start** has been designed to support you in becoming the child's first and most important teacher. The Baby Fold and The Children's Foundation have joined together to give your family the healthiest start possible!



## Why are home visiting programs being started?

In the past, extended families lived nearby and were able to help new parents during difficult or stressful times. Unfortunately, that support system is not always as available as it once was. Families today are also under more stress and may not be aware of the valuable resources that they can access in the community. New research confirms that the experience that the family provides in the earliest weeks and months of a child's life will influence future success.



## What are some of the goals for Healthy Start?

- ✿ Help parents in the role of being their child's first and most important teacher
- ✿ Provide information on child development, positive discipline techniques, parenting skills and other topics parents feel may be helpful
- ✿ Link families with other resources in the community
- ✿ Help families find ways of dealing with stress

## What Services are provided?

After talking with a worker, a program will be tailored specifically to your family.

Healthy Start services range from sharing information about local resources to providing ongoing home visits. The long-term services may include a combination of home visits, education and support groups, developmental screenings, resource linkage and others.

## What happens during a home visit?

The home visitor will bring information about issues that help you select, as well as give you ideas that you may want to try with your child. The visits will last about an hour. We will need a place to visit – your living room or around the kitchen table will work just fine. We want the visit to be enjoyable for you and your child!