

*Caring, Sharing and
Support for Newborns
and the
Families Who Love Them*

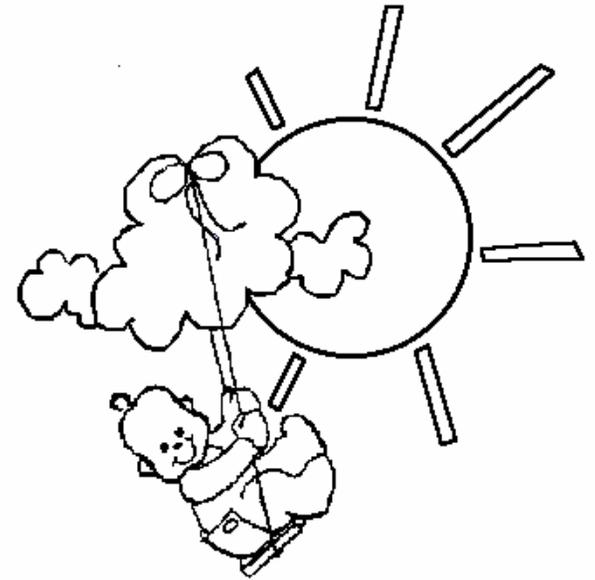


This NYS Home Visiting Project
is funded through grants from the
NYS Office of Children and Family Services,
the Department of Health,
and private organizations.

Healthy Families Albany County
Albany County Dept. For Children, Youth & Families
112 State Street, 4th Floor
Albany, NY 12207

Healthy Families Albany County

Every Child Deserves a
Bright Beginning



A collaborative effort between
Albany County Dept. for Children, Youth & Families
Parsons Child & Family Center
Whitney M. Young, Jr. Health Center

Healthy Families

is for families who are pregnant
or have newborns

Having a baby is both exciting and stressful.

- When a baby cries for a long time, is something wrong?
- How can you take care of a new baby when there are others at home who seem to need you just as much?
- When you have a question about your baby, who can you count on for help?
- How can you concentrate on the baby when there are so many other day-to-day issues that demand your time

Healthy Families is a program to help parents with the changes and needs of their family that come along with the birth of a new child.

What can Healthy Families do for my family?

Our trained Family Support Worker can assist you with:

- Ensuring that your family's basic needs are met.
- Promoting positive interactions between you and your child.
- Enhancing your understanding about healthy child growth and development.
- Strengthening your family's support system.
- Setting up links between other programs and community resources.

What can Healthy Families do for my baby?

Help you give your baby the most valuable gift of all—a loving, nurturing and happy family.

Are there any other advantages?

You will have opportunities to attend both social and educational activities.

You will be introduced to other parents with whom you can share experiences.

We provide educational books, videos and toys and your family support worker will assist you in using them to aid your baby's development.

How much do these services cost?

Nothing. The program is a community service to families living in Albany, Cohoes, Watervliet and Green Island.

For More Information Call
Healthy Families
(518) 447-7054

I am interested in having a Healthy Families representative contact me.

Name _____ Date _____

Address _____ ZIP CODE _____

Telephone numbers _____

I am not interested in Healthy Families services at this time.

Where did you hear about the Program? Hospital Clinic/Dr's Office Family/Friend Other _____

Please complete and return this tear-off to a doctor or nurse. You will be contacted even if this section is not completed.

I, _____, give permission to _____ (hospital, clinic or doctor) to release information from my hospital/clinic record to Healthy Families Albany County.

Signature _____ Date _____

