

**5 WAYS  
Healthy Schenectady Families  
WORKS**

- 1. The first years last forever.  
Schenectady's future depends upon the love and care we give to each other's children.**
- 2. Healthy brain and emotional development lead to a healthy, resilient and secure child.**
- 3. Healthy children require a family and community that supports them and meets their needs.**
- 4. All families can learn the skills it takes to raise a healthy, successful child.**
- 5. A resilient, secure child will succeed in school, be able to resist high risk behaviors and contribute to their community.**

**Healthy Schenectady Families, a Healthy Families New York Program, is credentialed by Healthy Families America.**



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Schenectady County  
NYS Office of Children and  
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Healthy Schenectady Families provides home visitors in collaboration with Schenectady County Public Health Services, and Catholic Charities of Schenectady County.

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Schenectady County Public Health Services  
107 Nott Terrace, Suite 300  
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[www.schenectadycounty.com](http://www.schenectadycounty.com)



**Healthy Schenectady Families**



**Parenting Support  
for You and Your  
Family**

**386-2824**

**Every Child is Worth It!**

## *Healthy Schenectady Families Helps Build Strong Parent-Child Relationships*



A trained home visitor will assist you to:

- Have a healthy pregnancy, labor and delivery
- Ensure that your family's basic needs are met
- Promote positive interactions between you and your child
- Understand child growth and development
- Set up links with other families and in the community.

# *What We Offer*

Healthy Schenectady Families provides home visitors who help parents with the changes and needs of their family that can come along with the birth of a child.



Learn how:

- To have fun with parenting
- To better understand what your child is telling you
- To help your child learn about the world through play

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**Healthy Schenectady Families**

**is**

**FREE**

Services are provided to any Schenectady County resident who is pregnant or parenting children from birth to 5 years of age.

(Home visits need to begin before the baby is 3 months old).

