

**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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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

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).

