



Supporting Families Right From The Start

Healthy Families New York (HFNY) offers home-based services to support expectant families and new parents with the changes and needs that often come with the birth of a new child. Services are voluntary and free and include helping families access community resources, educating families on parenting and child development, connecting families with medical providers, and assessing children for developmental delays.

Learn More About Healthy Families NY

- What to expect during labor and delivery
- Bonding with your baby
- Activities that help your baby's brain grow
- The latest information on raising healthy children
- Balancing parenting and other responsibilities
- Accessing community-based supports



We all need a little help sometimes as a parent. To find a Healthy Families New York program near you, please visit our website:

www.healthyfamiliesnewyork.org

