

Congratulations!

Pregnancy and preparing for the birth of a baby is an important and special time. Raising a healthy baby can be special, but challenging. HealthConnect In The Early Years can help you have a healthy pregnancy, promote optimal child development, and get your new family off to the best possible start.



If you would like additional information about HealthConnect In The Early Years,

DIAL 211 The Children's Trust **HELPLINE**



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HealthConnect In The Early Years is fully funded by The Children's Trust and is operated by the Healthy Start Coalition of Miami-Dade in collaboration with the Children's Home Society and the Institute for Child and Family Health, Inc.



How Do Home Visits Work?

Family Coaches schedule home visits according to the family's needs and schedule. In addition to helping families establish a medical home, Family Coaches provide information and assistance with:

- Prenatal education
- Basic baby care
- Breastfeeding
- Immunizations
- Safety
- Family planning
- Wellness education
- Child health and developmental screenings
- Family support
- Parent/Child communications
- Screening for maternal depression



What is HealthConnect In The Early Years?

HealthConnect In The Early Years is a voluntary home visitation program focusing on health education, promotion and support to improve maternal health, pregnancy outcomes and child health and development. It is now recognized that healthy brain development is dependent on a mother's health during pregnancy and the early years of a child's life. Created by The Children's

Trust, HealthConnect In The Early Years can help your family manage the challenges of a new baby and establish a healthy foundation for the future.



Who is Eligible to Participate in HealthConnect In The Early Years?

- Pregnant women who are first time mothers
- Pregnant teenagers
- Any other mother with a 0-2 year old child requesting services

What is a Family Coach?

Family Coaches are professionals trained to provide health education, promotion and support to first-time moms, expectant teens and their children. Offering free pre- and post-natal home visits, Family Coaches assist children and families in having the best possible health and development outcomes.

