

**You know what is  
best for your family  
but you still might have  
questions along the way.**



### **What is Healthy Families America - NH?**

Healthy Families America - NH is a home visiting service available starting when you find out you are pregnant through your child's 3rd birthday. It is non-judgmental support – **when you want it – where you want.**

Healthy Families America - NH is free, convenient, voluntary and flexible.



## **Healthy Families America - NH can help your family:**

- Prepare to bring your baby home from the hospital
- Have a healthy pregnancy and delivery
- Feel confident parenting
- Cope with the stress of raising a family
- Access information to keep your baby healthy and safe
- Get resources and help, like baby equipment
- Connect with other parents
- Understand your baby's emotions, needs, cues and behaviors
- And so much more!

Whether you are pregnant or already have a new baby at home, Healthy Families America - NH staff are there for you. The best part is **YOU** get to pick the:

- Type of **help**
- Type of **service**
- **Time and place to meet**

“As a new parent, when your child is born you don't know what to do. When I got involved with Healthy Families America - NH, it was so comfortable. I got answers without judgment. I felt like I wasn't alone.”

**To search for a service in New Hampshire, go to [www.HealthyFamiliesAmericaNH.org](http://www.HealthyFamiliesAmericaNH.org) or call 2-1-1 NH.**

