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 or call 2-1-1 NH.





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