

# Healthy Families Dauphin County

hempsfieldpa.com

Serving Dauphin County



## What is Home Visiting?

Hempfield Behavioral Health offers Healthy Families Dauphin County, which helps new first-time parents give their babies the best possible start. First-time mothers living in Dauphin County are offered the opportunity to have their own highly trained professional make home visits regularly from early in the pregnancy until the baby is at least 2 years old. Staff consists of bilingual, bicultural social workers with specialized training in early childhood development.

## What Do Home Visitors Do?

Home visitors help with many issues that new parents face. Our educators:

- Provide information that will lead to a successful pregnancy and delivery
- Encourage parents to talk about hopes, fears, stressors, and future plans
- Help find the new resources that are often necessary - housing, food, medical insurance, and health care
- Teach parents about the care, development, and safety of infants

- Teach parents to engage in activities that help babies grow and develop in the way they should
- Perform simple screenings that can let parents know if there are any needs that should be given special attention or referrals.

## Why is a Program Like This So Important?

The first three years of life are especially important and it is helpful to have someone to rely on who knows a lot about the growth and development of babies. Did you know that:

- The most important time for a child to receive immunizations and regular health care is from birth to age 2 to 3
- Being successful in school actually depends on having the right stimulation and experiences in the first three years of life
- Babies need the opportunity to move freely, to explore, to get lots of stimulation, to “talk” with adults, and to play.

There are many things that our parent educators can do to teach new mothers about interacting with their babies in ways that will strengthen them. Parenting is one of the most important jobs that individuals ever have and most parents receive very little training. Our program is here to help.

## How Can I Get This Service?

Home visiting is both free and voluntary. Interested women who live in Dauphin County are referred to Hempfield Behavioral Health, which is located in Dauphin County and operates Healthy Families Dauphin County. If you are interested in having a supportive family educator for yourself and your baby, or your client, contact us at 717-221-8004 or fax a completed referral form to 717-221-8006. Be sure to contact us as early in the pregnancy as possible.

# HEMPFIELD

BEHAVIORAL HEALTH, INC.

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### To Make a Referral:

Call: 717-221-8004

Fax: 717-221-8006

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