



WHAT DO PARTICIPANTS SAY ABOUT HEALTHY FAMILIES PRINCE GEORGE'S?

"No one has ever listened to my story before. I finally feel like it matters."

~Jessica

"Sometimes I wish the home visits would be longer than one hour so Maria, my Family Support Worker could share more information with me."

~ Rosa

"Thanks for pushing me and insisting so much. I would have never been able to do this alone!"

~ Nicole



WHAT ARE THE CORE BELIEFS OF HEALTHY FAMILIES PRINCE GEORGE'S?

- All families want the best for their children
- All families want their children to be successful in school
- All families have strengths and unique characteristics that they can offer to their child

Prince George's Child Resource Center helps create healthy and nurturing environments for children by supporting their families and educating their caregivers



Phone: 301.431.6210
E-mail: healthyfamilies@pgcrc.org
www.childresource.org



PRINCE GEORGE'S CHILD RESOURCE CENTER, INC



HAVING A BABY? Excited? Scared? Full of Questions? WE CAN HELP

Get one-on-one support and resources for your family **TODAY!**

Get the information and tools that will help your child be successful **TOMORROW!**



Great Childhoods Begin at Home



Healthy Families Prince George's is a nationally-recognized, evidence-based and voluntary **home visiting program**.

Accredited by Healthy Families America, this **free program** supports families expecting a baby until their child is three years old.

WHAT ARE THE BENEFITS FOR MY FAMILY?

- Support through your pregnancy and the early years of your baby's life
- Information on how to care and bond with your baby
- Free developmental screenings for your baby at multiple stages of growth
- Facts that will let you know your baby is growing and developing in healthy ways
- Activities that you and your baby can enjoy together and as a family
- Information about and connections to community services
- Ways to make your home safer for baby
- How to support your child to be ready for school and ready for a successful future



HOW DO I PARTICIPATE IN HEALTHY FAMILIES PRINCE GEORGE'S?

Call: 301.431.6210

E-mail: healthyfamilies@pgcrc.org

1. Find out if you meet the criteria to participate in the Healthy Families Parent Survey
2. Schedule a convenient time for our staff to conduct a Parent Survey in the comfort of your home
3. The Parent Survey helps determine if Healthy Families is a good fit for you and your family

WHAT IS A PARENT SURVEY?

A Parent Survey is a conversation in your home that covers many topics so that you can be sure you are creating a healthy and nurturing environment for your child.

The Parent Survey also helps Healthy Families Prince George's identify the information and services most relevant for your family.

WHAT SHOULD I EXPECT DURING A HOME VISIT?

If you enroll in Healthy Families Prince George's, you will receive weekly visits, typically one hour long. Your Family Support Specialist (FSS) will share information about all the changes you experience in your pregnancy and will bring new information about child development, nutrition, medical information, healthy family relationships, and much more.

After your child is born, you will be able to explore fun activities with your child during home visits and help him or her to develop new skills.

Your FSS will provide support and resources to help you achieve your personal goals and will help you to get access and information to other community resources that are available.



Healthy Families Prince George's has served more than 1,600 families since 1998