

“Home visits helped me to be a better parent for my daughter. As a single parent and first time mother, knowing I have someone to answer questions, make referrals and check on my child’s progress gives me peace of mind that I’m being the best parent I can be.”

*- Mother of six year old, had visits for first four years*



**All Parents  
Benefit From  
Support &  
Encouragement**

The Family Home Visiting program at Horizon Public Health is available at no cost to all families. We offer pregnant and parenting families home visits by a registered nurse who can provide support, information and referrals to community resources.



For more information  
or to arrange a home visit, call:

**HORIZON**



**Public Health**  
Prevent. Promote. Protect.

**800.450.4177**

**[www.horizonpublichealth.org](http://www.horizonpublichealth.org)**

Revised 09/30/19

# HOME VISITING



**We're here for you**

**HORIZON**



**Public Health**  
Prevent. Promote. Protect.

Serving the counties of  
Douglas, Grant, Pope, Stevens and Traverse

# PREGNANCY

In the home or at the location of your choice, a registered nurse provides individual prenatal teaching and support on topics such as:

- **Health Pregnancy**
- **Diet/exercise**
- **Labor**
- **Breathing & relaxation techniques**
- **Cesarean birth**
- **Sleep safety/SIDS**
- **Infant feeding choices**
- **Community Resources**



# NEW BABY

After the birth of your baby, all families are contacted and offered a home visit, which includes:

- **Infant weight check**
- **Breastfeeding assistance & support**
- **Postpartum depression screening**
- **Parenting support & referral to available resources**
- **Safety promotion**

# FAMILY HOME VISITING

Ongoing home visits are offered to families with children of any age as needed. Nurses support families in the areas of:

- **Parenting**
- **Child development**
- **Health lifestyle**
- **Nutrition**
- **Home safety/injury prevention**
- **Family planning**
- **Community resources**

