

Strong Families Vermont Home Visiting Program



Are you having a baby? Do you have a young child?

The Strong Families Vermont Home Visiting Program offers:

- Free home visits in your home or wherever you feel comfortable with your own nurse or family support professional.
- Help that begins at any time during pregnancy through the age of 5 for your child.
- Support to help you be the parent you want to be.

What kind of support do we offer?

A nurse or trained family support professional will help you answer these questions and more:

- Am I feeding my baby enough?
- What can I do when my baby is fussy/crying?
- Is it normal to worry a lot and not feel like myself?
- How do I play with my child to help them grow and be healthy?
- How do I get my child on a sleep schedule?
- What other ways can my home visitor help me to not feel so alone?

To learn more about this program call 2-1-1 extension 6 or text HMGVT to 898211.

healthvermont.gov/strongfamilies