



Did you know nearly **4 million babies** are born every year in the United States?

Healthy Futures helps new and expecting parents:

- Learn the power of nurturing relationships
- Create supportive environments
- Recognize your child's strengths and potential
- Focus on your child's development and foster skills for school readiness
- Connect with your children
- Access supportive services and resources in your own community



Child & Family
Agency
of Southeastern
Connecticut, Inc.



Healthy Futures is a program of CFA in partnership with Middlesex Health and the Connecticut Community Doula's funded by the CT Office of Early Childhood.

MIDDLESEX COUNTY IN-HOME PRENATAL AND CHILD DEVELOPMENT SUPPORT



Healthy Futures

We'll help you get there.

WHY IS MONITORING SO IMPORTANT?

Not every delay is visible to the eye!

Developmental monitoring takes a closer look at how your child grows over time and makes sure that they're reaching developmental milestones, which will set the stage for their future.



Studies have shown that the earlier a delay is a recognized and the need addressed, the better your child's chance of substantial improvement!

The Who's and What's of Home Visiting

WHAT ARE THE GOALS?



Improve Health
of moms and babies



School Readiness
maximize children's early potential

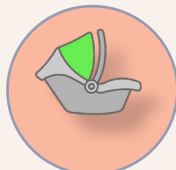


Achieve Goals
both personal and family

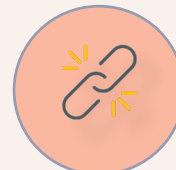
WHAT HAPPENS IN A HOME VISIT?



Share thoughts,
values, and parenting practices



Learn New Skills
and techniques to give your child the best start



Get Connections
to resources in your community

WHO BENEFITS?



Pregnant Women
increase healthy pregnancies and healthy births



Parenting Families
increase confidence as a caregiver



Communities
values and parenting practices

INQUIRE TODAY!

(860) 437 - 4550

healthyfutures@childandfamilyagency.org
childandfamilyagency.org

*Are you looking to refer a family to Healthy Futures?
Please contact
HealthyFutures@childandfamilyagency.org*



PRENATAL

SUPPORT AND EDUCATION

The health of your baby starts before birth. Healthy Futures in collaboration with CT Community Doula will provide monthly educational and support groups for expectant parents.

CT Community Doula also provides one on one prenatal/postnatal support to help achieve the childbirth experience families envision. Families who utilize Doula report better birth experiences and have better birth outcomes. The education and support provided helps empower families from pregnancy through post-delivery.

