

"I learn from every family I visit. It is a privilege to make a difference in the lives of families that have overcome obstacles to be great parents."

-Lincoln HFA home visitor



Our Home Visitors:

- Build trusting relationships
- Have received HFA training
- Are trained in areas of cultural competency, substance abuse, domestic violence, drug-exposed infants, and community resources
- Support breastfeeding

Healthy Families America-Lincoln is a research-based and nationally accredited home visitation program. It has been proven to be effective in promoting positive parenting, family economic self sufficiency, child development, and school readiness. Call today to learn more about how a home visitor could support your family!



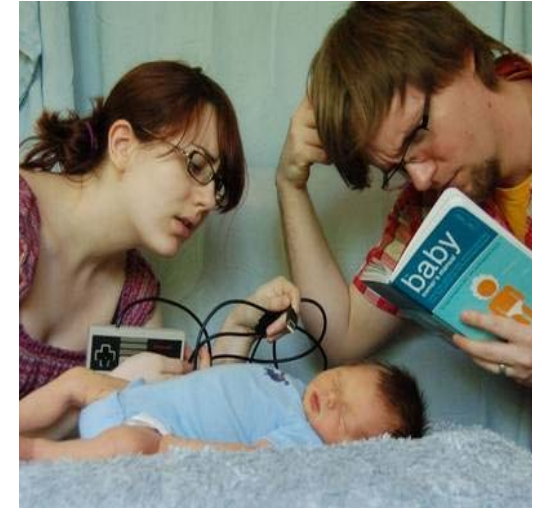
For more information or to make a referral:

3131 'O' St.
Lincoln, NE 68510
Phone: 402.441.4103
Fax: 402.441.6219

<http://lincoln.ne.gov/city/health>
www.cedars-kids.org



Ever wish that your kids came with a manual?



We can help!



A program of the Lincoln-Lancaster County Health Department in partnership with CEDARS.



“My home visitor offered me resources that I had no idea were even available... She also cared about my feelings and goals, always looking for ways to make me do better.”

-Lincoln HFA Participant



HEALTHY FAMILIES AMERICA IS:

- **A Free** and voluntary home visitation program
- **Support** from public health nurses, outreach specialists, and family partners
- **Helping** families to raise healthy and smart babies
- **Teaching** families how to create strong bonds with their kids
- **Building** confidence in every family



INTERESTED?

HFA Families:

- live in Lancaster County
- are expecting a baby or have a baby less than 3 months old
- are interested in learning about their kids' development
- receive visits in their homes from experienced staff



Facts:

- Being a parent is the most important job you will ever have.
- Parenting is hard. Every parent needs support and encouragement.
- Your baby's relationship with you impacts their ability to trust, learn, and have stable relationships.
- Current and past life stress impacts how you parent.
- You deserve a voice in deciding what will help your family.