



**FREE HOME VISITING
FOR PREGNANT PEOPLE
AND FAMILIES WITH
YOUNG CHILDREN**

PART OF CHILDREN'S INTEGRATED SERVICES

Support For You And Your Family From a Nurse or Trained Family Support Professional

PERINATAL SUPPORT

- Am I feeding my baby enough?
- What can I do when my baby is fussy?
- I am worrying a lot and don't feel like myself. Is this normal?

TODDLER/PRESCHOOL SUPPORT

- How do I play with my child to help them grow and develop well?
- How do I get my child on a sleep schedule?
- What other supports are out there so I don't feel alone?

TO LEARN MORE ABOUT THIS FREE PROGRAM, TAKE THE FIRST STEP. CALL OR TEXT US TODAY!



**CALL 211 EXT. 6
OR TEXT HMGVT TO 898211
HEALTHVERMONT.GOV/STRONGFAMILIES**

