

Research Shows...

Children's experiences in the first five years of life greatly affect how their brain physically develops and the quality of how children interact with the world.

Nurturing parent-child interactions are critical to the development of secure attachment, to best possible development in all areas of functioning and are associated with greater success in school.

We Believe...

- Each family is unique.
- Parents are their children's first and most important teachers.
- The home is a wonderful learning environment.
- Your family has valuable strengths.



There are no income guidelines.

Healthy Families is ...

FREE

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Nebraska Department of Health and Human Services, Division of Public Health Lifespan, Health Services Unit



Partners and Affiliations



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Healthy Families

Providing Support and Education for Parents

NENCAP's Healthy Families

program is accredited by the nationally-recognized Healthy Families America model. Our Healthy Families Advocates bring parent and child focused support to families.

Healthy Families provides two services. The first is a one-hour parent visit. After the visit, all families will receive individualized information and referrals for resources and community supports.

Beyond information and referral, we may offer additional services of on-going, in-home support to families, as appropriate. Our Healthy Families Advocates will partner with these families for three to five years. During this time, we will assist families to build on strengths and increase family skills.



This one-on-one, personalized program is designed to meet your family's specific parenting needs. Healthy Families Advocates work with you to support you, your child and your family.

Call Us If You...

- Live in one of these 14 counties, *and*
- Are currently pregnant, *or*
- Have an infant up to 2 weeks of age.
(Some age extensions are granted. When in doubt, call us.)



What to Expect After You Call...

- Advocates spend an hour of time getting to know your family.
- Advocates invite you to share your experiences and expectations around parenting and child development.
- Advocates connect your family to resources and community supports.

On-Going, In-Home Support...

During pregnancy, the Healthy Families Advocate seeks to schedule visits once every two weeks.

After your child is born, your Advocate will visit with you weekly for the first several months.

When your baby is approximately six months old, in-home visits may become less frequent.



More to Know...

- Home visits typically last one hour.
- We offer Ages & Stages child development screenings.
- Healthy Families is voluntary, however, requires your active participation.
- Healthy Families Advocates use the Growing Great Kids curriculum.
- You may participate in Healthy Families for three to five years.

Certified Parenting Classes
are available upon request.