

What is Healthy Families America?

Prevent Child Abuse America implemented Healthy Families America (HFA) in 1992, building on two decades of research in the field of home visitation.

- HFA is a nationally-recognized, voluntary service that connects overburdened expectant parents and parents of newborns with free child development assistance in their homes.
- Well-respected, extensively- trained assessment workers and home visitors provide valuable guidance, information and support to help parents be the best parents they can be.
- Based upon our years of experience and evidence-base, we know that home visiting promotes optimal long-term mental and physical health of parents and their children.

What Services Does HFA Provide?

All expectant parents and parents of newborns have common questions about their child's development. A new baby can be both a welcome addition and a stressful time of family transition. HFA staff receive extensive training in a wide range of areas that provide the answers to parents' questions on how to:

- Care for yourself during pregnancy;
- Soothe your crying baby;
- Ensure your child is receiving the right nutrition;
- Promote healthy child development and bonding; and
- Create a safe home environment.

The Federal Office of Juvenile Justice and Delinquency Prevention reports that Healthy Families America “*produces measurable benefits for participants in areas such as parent-child interaction and parental capacity.*”

To learn more about where HFA is in your community, program basics, research reports and public policy efforts, please visit our website at:

www.healthyfamiliesamerica.org



healthy families america®

Kalamazoo County Health & Community Services
Denise Matties
3299 Gull Rd
Nazareth, MI 49074
(269)373-5042
dmmatt@kalcounty.com

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“Having a child can be challenging... there are really no words to describe the feeling but having somebody, no, having a whole entire program full of encouragement makes every day easier.”

— HFA Participant

Healthy Families America Works

The benefits of HFA are proven, significant, and impact a wide range of child and family outcomes.

Improves Parenting Attitudes

HFA families show positive changes in their perspectives on parenting roles and responsibilities.

Increases Knowledge of Child Development

HFA parents learn about infant care and development; including child care, nutrition, and effective positive discipline.

Supports a Quality Home Environment

HFA parents read to their children at early ages, provide appropriate learning materials, and are more involved in their child's activities, all factors associated with positive child development.

Promotes Positive Parent-Child Interaction

HFA parents demonstrate better communication with, and responsiveness to, their children. This interaction is an important factor in social and emotional readiness to enter school.

Improves Family Health

HFA improves parents' access to medical services, leading to high rates of well-baby visits and high immunization rates. HFA also helps increase breast feeding, which is linked to many benefits for both babies and moms.

Prevents Child Abuse and Neglect

HFA has a significant impact on preventing child maltreatment, particularly demonstrated in recent randomized control trials.

Who Does HFA Serve?

HFA connects with families through hospitals, health care providers and other community organizations. HFA serves families of all cultures and income levels, meeting the needs of over 400 communities across the US and Canada.

How Does HFA Ensure Quality Services?

HFA site accreditation is based upon a stringent set of 12 critical elements founded in 20 years of research. The process involves an in-depth examination of each site's operation, as well as the quality of the home visit services being provided.

Well-Trained Staff

HFA assessment staff and home visitors are highly trained and respected members of the community.

- On average, HFA's 2,000 home visitors have four years of home visiting experience and three years tenure with their HFA program.
- All HFA program staff receive highly specialized training upon employment and then on an ongoing basis.
- The vast majority of HFA supervisors have graduate degrees or are college graduates. On average, supervisors have approximately eight years of home visiting experience plus four years tenure with their HFA program.