



Healthy Babies Healthy Start

Healthy Babies Healthy Start is a home visitation program that provides families with individual support during pregnancy, and after delivery. The program supports mothers, fathers, and families in ways that feel comfortable to them. Home visits are flexible and scheduled at the families convenience to provide families with the additional time and space to share and receive information; whether to guide through the pregnancy process, help prepare for labor and delivery, or connect to community resources.

143 Pregnant women served
137 Infants 0-11 months
57 Children 12-17 months
Non-Pregnant women 91

4 Dad Fatherhood Program

The 4Dad Fatherhood Program was established in 2015 to address the gap in resources for parenting fathers in the community. Serving as an extension of Healthy Babies Healthy Start Program, 4Dads offers guidance and support to area fathers, empowering them with information to support parenting.

Men 37

36 Free Educational Classes provided to the community virtually, and in-person.

Healthy Babies Healthy Start & 4Dad Fatherhood program extends services to everyone in the community through free educational classes that support health promotion. Classes included parenting support, pregnancy health, family health, and men's health, financial literacy, post-partum depression support and more.

90 Classes facilitated

Core Classes

Baby Bump and Beyond—Healthy Start & YWCA Partnership

Pre & Postnatal educational series. Teaches on various topics including Healthy Relationships, Pre-term labor, Dental Health, Stress Management and more. Provides people from all walks of life, with children in all different stages of development new skills, resources, and a network of support with other parents. This is a two-part class with sharing of information and application of information through “play”.

Power Hour—Healthy Start & WMU Med Homer Stryker School of Medicine

This class aims to build doctor patient relationships, improve communication, understanding, and bridges trust between medical providers and community members. Topics are community driven and provide virtual knowledgeable opportunities of learning for both medical residents and community members.

Books and Bellies- Healthy Start & Kalamazoo Public Library

This class promotes early literacy and reading to baby while parents are expecting. Parents receive books for baby before the baby arrives and are encouraged to start reading early.

Next Level Money- Healthy Start & PNC, KNHS, MIWORKS

This class promotes financial literacy and ways that this support future goals. Participants learn budgeting skills, debt reduction, financial planning, and how to use finances to reach their future goals.

ROSES- This program was created for mothers of newborns. ROSE sessions are taught in prenatal settings to give pregnant women the skills and information that they need to lower their risk of postpartum depression.

Parent Literacy- Is an online and in-person learning experience. This class is provided for a small group of ESL learners. Curriculum is designed around our learners' goals as parents. One of the major goals of the class is to empowering learners from any language or background to feel confident in their parenting knowledge and skill so they can reach their full potential.

Health Literacy- Healthy Start & Kalamazoo Literacy Council

This class promotes healthy literacy to community members who's primary language is not English. We work together with the literacy council to ensure that health information is accessible to everyone. Students learn health information in English with the goal of improving their English literacy skills.

Client satisfaction comments—have Tierene add some comments

I am very grateful for the 4Dad Fatherhood...I got lots of information and encouragement to bring up my son. It takes a village to bring up a child and 4Dad Fatherhood is a great one.”

(Home visitor) has been a positive, supportive part of our network for many years. We appreciate her encouragement and her joy as she watched our boys grow up.”

(Home visitor) is such a light of positivity in my life and has helped in many ways. I'll always be grateful I got to work with her.”

Educational testimonials

(Participant) I love her classes. She is such an awesome teacher.

(Participant) The material and instructor were excellent and I learned so much from it.