

### Your Home Visitor:

- Listens without judgment
- Provides encouragement
- Promotes family self-sufficiency
- Helps with problem solving
- Celebrates the gift of parenting and the uniqueness of your baby
- Meets with you regularly based on your needs
- Introduces you to fun and exciting activities
- Keeps all information safe and confidential



For more information on  
Healthy Families Illinois Macon County,  
please contact us at:  
217-423-6988 ext: 1310

OR

[www.maconcountyhealth.org/  
services/family-services/healthy-families-  
illinois](http://www.maconcountyhealth.org/services/family-services/healthy-families-illinois)



**Public Health**  
Prevent. Promote. Protect.

**Macon County Health Department**

1221 E. Condit St.  
Decatur, Illinois 62521  
217-423-6988  
[www.maconcountyhealth.org](http://www.maconcountyhealth.org)



**Healthy  
Families  
Illinois™**

**Macon County Health  
Department**





### What is Healthy Families?

Healthy Families America® (HFA) is one of the leading family support and home-visiting programs in the country. Currently HFA is present in 38 states and serves over 100,000 families. The program is completely free and designed for new parents who would like support in building a strong relationship with their baby. HFA provides regularly scheduled home visits to provide information, support, activity ideas and toys that support child learning, health and overall development.

### We can help you:

- Prepare for the birth of your baby
- Strengthen the bond between you and your child
- Learn strategies for soothing a crying baby
- Choose activities and toys that are appropriate for your child's age
- Learn more about child development and what to expect as your children age
- Work towards goals and dreams for yourself and your family
- Learn about health, safety, and nutritional information
- Understand what your child is telling you about what they want and how they are feeling

### We offer:

- Play groups
- Advocacy with service providers such as local hospitals, WIC, DHS, continuing education and housing
- Referrals for healthcare, mental health, food, furniture, clothing, and more...

### We typically serve:

- First or Second Time Parents
- 25 years of age or younger
- WIC eligible
- Residents of Macon County
- Parents that may need additional support
- Participants who are pregnant or have a baby that is 2 months or younger

\*Not all guidelines must be met to qualify for services. Exceptions may be made. Call with any further questions.

