

What services does HFS provide?

HFS staff receive extensive training in a wide range of areas. Home visitors provide services to help families identify their needs, set goals, and learn how to interact with their children.

HFS Staff support families by:

- Ensuring families have a medical provider
- Sharing information on the child's development processes
- Identifying their baby's needs
- Linking families to other resources in the community
- Helping families feel more empowered

Who is eligible?

- Pregnant women or moms and dads who have babies less than 2 months old, regardless of income or cultural background
- Solano County residents

How do I send referrals?

Complete the
MCAH Central Referral Form,
select HFS under "Programs"
& fax to 707-784-2229.

"It's great how we discuss a wide range of topics, such as goal setting, family planning, and learning about my baby's milestones."

- Angelica, HFS Client -

Make a difference in families' lives by connecting them to HFS!

(fax) **707-784-2229 (BABY)**

(toll-free) **877-680-2229 (BABY)**

www.babyfirstsolano.org



*Solano County
Maternal, Child & Adolescent Health*

Provider Brochure



**Great childhoods
begin at home**

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What is Healthy Families Solano?



At Healthy Families Solano (HFS), we believe that early, nurturing relationships are the foundation for life-long, healthy development.

HFS promotes positive parenting and child health and development, thereby preventing child abuse, neglect and other poor childhood outcomes.

- HFS is a nationally-recognized voluntary service that provides home visits to pregnant and parenting moms and dads.
- HFS offers additional referral services to improve functioning of the entire family.
- Highly-trained home visitors provide valuable guidance and support to help parents be the best that they can be.
- Home visitors develop a trusting relationship with parents and help them to be more emotionally available to their child.

Why do we need HFS?

Nationally, approximately 3.9 million children are reported yearly to Child Protective Services for suspected child abuse and neglect. Of these children, about one-fifth are confirmed to be victims of maltreatment.

HFS aims to prevent child abuse and neglect by promoting positive parent-child relationships and healthy attachment through a family-centered, culturally sensitive and reflective curriculum that caters to the family's strengths.

Impacting the Child's Early Years of Life

Programs that begin working with parents even before birth stand the greatest chance of reducing the risk of child abuse because:

1. New parents are eager and excited to learn about caring for their babies.
2. Positive parenting practices are supported before patterns are established.
3. The most critical brain development occurs during the first few years of life.



How does HFS impact the community?

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

Improved Birth Outcomes

HFS improves birth outcomes, including low birth weight, increased breastfeeding and fewer birth complications.

Better Access to Health Care

HFS improves parents' access to health care by helping them obtain health coverage and establish a medical home for preventive health care needs.

Positive Parent-Child Interaction

HFS helps parents develop more positive beliefs about their roles. In numerous studies, HFS shows significant impacts on parent-child interaction.

Increased School Readiness

The largest long-term study of HFS shows positive impact on children's academic success.*

Reduced Child Maltreatment

HFS babies have significantly lower rates of maltreatment.

Learn about how HFS helps families!

For more information, visit
www.healthyfamiliesamerica.org

*10 DuMont, K., Kirkland, K., Mitchell-Herzfeld, S., Ehrhard-Dietzel, S., Rodriguez, M. L., Lee, E., Layne, C., & Greene, R. (2010). A randomized trial of Healthy Families New York (HFNY): Does home visiting prevent child maltreatment? Washington, DC: National Institute of Justice.