

## What services does HFA provide?

HFA 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.

### HFA 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 weeks old, regardless of income or cultural background
- Solano County residents

## How do I send referrals?

Complete the  
MCAH Central Referral Form,  
select HFA 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, HFA Client -

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

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

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

**[www.babyfirstsolano.com](http://www.babyfirstsolano.com)**



*Solano County  
Maternal, Child & Adolescent Health*



## Provider Brochure



**Great childhoods  
begin at home**

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## What is Healthy Families America?



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

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

- HFA is a nationally-recognized voluntary service that provides home visits to pregnant and parenting moms and dads.
- HFA 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 HFA?

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.

HFA 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 HFA impact the community?

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

### Improved Birth Outcomes

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

### Better Access to Health Care

HFA 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

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

### Increased School Readiness

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

### Reduced Child Maltreatment

HFA babies have significantly lower rates of maltreatment.

## Learn about how HFA helps families!

**For more information, visit**  
[www.healthyfamiliesamerica.org](http://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.