

Every family is different, and every family deserves the best.

Family Connects is here to support every family with whatever they might need in the first weeks and months with a baby—from health checks, to breastfeeding support, to getting access to newborn essentials, and much more.

“Everything is new when you bring a baby home. Feeding, sleeping, changing. Having a nurse at your house to help you learn about these things was great for both of us.”

Travion

**Travion C,
new dad**



**For more information about
Family Connects go to:**
[helpmegrow.org/
familyconnects](https://helpmegrow.org/familyconnects)



When your baby comes, you can count on us

Get a free, in-home nurse visit for you and your newborn with Family Connects.



Every family deserves a little extra care and attention when they bring a new baby home.

That's What We're Here For

Family Connects is a free, in-home nurse visit available to families that live and deliver babies at participating hospitals, including foster parents, adoptive parents and families who already have other children. It's our mission to make life a little easier for parents with newborns in every community—so we come to you, at no cost, to make sure you have everything you need to care for yourself, your baby, and your whole family.



Here's how it works:



We get in touch to schedule your visit

You do not have to do anything in advance to schedule your visit – a Family Connects team member will come see you during your hospital stay or call you after you get home to see if you would like an in-home visit, and find the best time for you and your family.



A nurse comes to your home

A nurse will come to your home to check on the baby, birthing parent, and the whole family. Prefer to have your visit outside of your home? You can do that too—your nurse will come wherever is best for you.



You get support with whatever you need

Your visit is a safe space for you to get the care and support you need. Your nurse is there to provide care, answer your questions, and connect you to community resources that will ensure you and your family have everything you need to be happy and healthy.

Babies come with a lot of questions, a Family Connects nurse can help answer them.

Here are some of the things your nurse can help you with:



Help for baby

- Baby weight check
- Safe sleep information
- Infant feeding and fussiness
- Help with bathing, diapering and swaddling



Help for birthing parent

- Health check for birthing parent
- Breastfeeding support
- Family planning advice
- Postpartum depression screening



Help for family

- Scheduling doctor's appointments
- Understanding childcare options
- Early literacy information
- Community resources and connections

