



Request to Contact

Congratulations! Few things in life are as wonderful and as exciting as having a baby, especially if it's your first. New parents have lots of questions. The good news is you're not alone! Healthy Families Southern Maryland is a free service that is available to all expectant and new parents who reside in Charles and St. Mary's Counties. Through regular visits in your home, professionally trained Family Support Workers support parents by providing information on how your baby grows, fun activities to do with your baby, and available community resources.

Our goal is to help new moms and dads like you feel more comfortable in your role so you will become strong, supportive, and nurturing parents to your baby.

By signing this request form, you are only giving permission for Healthy Families Southern Maryland to contact you to tell you more about this exciting free program. All services provided by Healthy Families Southern Maryland are voluntary and you are not required to participate by signing this form.

Name of Mother: _____ DOB: _____

*Name of Father: _____
*(Not Required)

Address of Mother: _____

Telephone number: _____

E-mail: _____

Baby's EDC/DOB: _____ Mother's Race: _____

Mother's Signature: _____

A Program of the Center for Children
6100 Radio Station Road
P.O. Box 2924
La Plata, Maryland 20646
(301) 392-9332
(301) 609-7284 (Fax)



Information Sheet

Healthy Families Southern Maryland is a non-profit home visiting program expecting and new parents who are residents of Charles and St. Mary's counties. This program is part of Healthy Families America's initiative to assist new parents with building positive, healthy relationships with their children.

When can a parent enroll in the program?

Healthy Families accepts referrals for parents from the moment they find out they are expecting, up to two weeks after the birth of the child. Once referred, Healthy Families' goal is to introduce new parents to the program before the baby reaches three months of age. Although referrals are typically submitted for the primary caregiving parent, Healthy Families strongly encourages fathers and any others playing a parenting role for the child to participate in visits.

How much does this service cost?

This service is FREE. There are no costs for joining Healthy Families Southern Maryland's home visiting program.

What does the Family Support Worker do for parents?

For expecting parents, Family Support Workers can provide information regarding the baby's growth, physical changes that happen during pregnancy, birthing plans, bonding and attachment, and other topics. For parents who have had their baby, Family Support Workers provide information regarding the baby's growth and development, health and nutrition, fun activities that promote positive parent/child relationships, and they offer parenting tips.

How often does the Family Support Worker visit the family?

The Family Support Worker typically makes weekly home visits to families during the baby's first year of life. As the child gets older, visits can happen twice a month or once a month. The level of service is decided by a variety of factors including the baby's age, parents' schedules, etc. The program is designed to stay with families until the child turns five years old or enters kindergarten, although children can also graduate the program when they are three or four.

How is information presented during a home visit?

Family Support Workers utilize a parenting curriculum that emphasizes hands-on parent-child activities designed to help the parent support their child's development. Family Support Workers have various ways to demonstrate parenting and developmental topics including videos, parent handouts, role-playing, games, toys, and interactive play.

What else can Healthy Families do for parents?

Through collaboration with our community partners, Family Support Workers are also able to make referrals for supportive services and resources. These services depend on the individual family's needs and may include, but are not limited to, housing, financial assistance, educational options and health care. Healthy Families teaches parents how to access services independently and advocate for themselves. Healthy Families also offers parents both educational and social opportunities to assist them in their personal growth as a new parent. Healthy Families sponsors social activities for families that are free, fun, and parent/child centered.

What if the family does not want to participate?

Healthy Families is a voluntary program. Parents make the decision if they choose to end their enrollment before their child turns five.

How can I get more information? Please call Healthy Families at 301-392-9332 or email Healthy Families at healthyfamilies@center-for-children.org. More information is available at center-for-children.org.

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