

**Our family support specialists are trained to use Growing Great Kids™ materials and share their mission to:**

**Partner with parents to reduce their stress and help grow the essential parenting and life skills that will empower them to provide their children with a safe, loving home, and the inner strengths to reach their highest developmental potential.**



Photo credit: unsplash.com

Sutter County Health and Human Services  
Public Health Branch  
1445 Veterans Memorial Circle  
Yuba City, CA 95993



Dedicated to uplifting children and their families



We pair families looking for additional support and mentoring with home visitors trained in the nationally-recognized, evidence-based Healthy Families America home visiting program.



## Do you have a new baby or are you expecting?

Children don't come with instruction manuals. Parental love is powerful but without support, experience, and knowledge it can be overwhelmed by exhaustion and stress. The good news is home visiting can help! Home visitors meet with families in their home on a regular basis (determined by the family's need and desire) and support families from pregnancy through their child's 3<sup>rd</sup> birthday. These visits help lay the foundation for the health, education, development, and economic self-sufficiency of the entire family.

"Healthy Families has helped me so much. I have learned stuff you can't find anywhere else. From the visits and the activities, my daughter has grown so much. I hope you will keep the program available for other families to benefit from."

- Lindsay

Source: [healthyfamiliesamerica.org](http://healthyfamiliesamerica.org)

Pregnancy and parenthood can be an overwhelming experience, which can come with worries, questions and stress

## No cost services

Families will receive support and will engage in fun activities right in their home to learn more about:

Having a healthy pregnancy

Caring for their baby

How to bond with their child

Their child's development

How to provide their child with enriching learning experiences

## How have Healthy Families America home visiting programs like this one improved families' lives?

- Improvement in child health
- Improvement in maternal health
- Improvement in family economic self-sufficiency
- Improvement in child development and school readiness.

## Who qualifies?

To be eligible participants must be:

- A Sutter County resident
- Medi-Cal eligible
- Pregnant or less than 2 weeks postpartum

## Contact Us

Sutter County Public Health  
Healthy Families Sutter County  
Home Visiting Program  
(530) 822-7215