



## HOME VISITING HELPS PARENTS & CAREGIVERS!

Supporting parents benefits the whole family! Home visiting has amazing benefits for parents and caregivers, including:

- ✔ Improved **maternal health & mental health** (both pre- and postpartum)
- ✔ **Reduced stress** and improved confidence
- ✔ Access to **resources and supports** for **immediate needs**
- ✔ Increased understanding of **child development and behavior**



### DID YOU KNOW...

You can receive home visiting *before* your child is born?

## Home visiting can help new and expecting parents with:

- ✔ **Prenatal and postpartum** visits
- ✔ **Preparing your home** for your baby
- ✔ Safe and healthy delivery
- ✔ **Feeding**, including **breastfeeding** support



Learn more or find services near you!



[ctf4kids.org/homevisiting](http://ctf4kids.org/homevisiting)



Trust. Support. Advocacy.

## HOME VISITING

Early Childhood (Prenatal to Five)

### What is home visiting?

Home visiting meets you where you are!

Early childhood home visiting is a **FREE, voluntary service** in which a home-visiting specialist (often trained in nursing, social work, education or other related fields) meets with families to help establish and **achieve goals**, access needed **resources and support** and provide **education** that might help in the journey to raising healthy, happy kids.



### DID YOU KNOW...

Home visiting agencies are often already embedded in Missouri communities?

There are many home visiting agencies embedded in communities across Missouri that serve families with varying needs.



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# HOME VISITING HELPS CHILDREN!

## Babies and children who receive home visiting are more likely to:

- ✔ Be born **full term** at a **healthy weight**
- ✔ Have **healthy growth and development**, including brain development
- ✔ Perform **better in school**
- ✔ Have better **attachment and bonding styles**
- ✔ Receive **necessary screenings and intervention** for elevated needs

### **DID YOU KNOW...**

Kids who receive home visiting do **better in school** and throughout their lives?



### **DID YOU KNOW...**

Home visiting improves **health and safety** for mom and baby?

## Home visiting can help YOU:

- ✔ **Reduce stress** and overwhelm
- ✔ Respond to **difficult behaviors**
- ✔ Find **resources and supports** during times of need
- ✔ Build stronger bonds, including **parent-child bonding**
- ✔ Learn **positive parenting** strategies

### **DID YOU KNOW...**

Anyone in Missouri can request home visiting services from one central webpage?

## How do I get started?

You can use the QR code below to **request home visiting services** no matter where you live in Missouri.

- ✔ Visit the link or scan the QR code
- ✔ Scroll to the map and select your county from the dropdown menu
- ✔ Click on the link provided to request home visiting services or to learn more

[ctf4kids.org/homevisiting](https://ctf4kids.org/homevisiting)



**Connect to home visiting near you**

