



## Mendocino County Health & Human Services Agency

*Healthy People, Healthy Communities*

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# Press Release

*Not for op-ed*

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**FOR IMMEDIATE RELEASE**

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## Mendocino County Public Health Offers New Home Visiting Program



Great childhoods begin at home

Public Health Nursing is proud to announce its new *Healthy Families Mendocino County* home visiting program. *Healthy Families Mendocino County* is an evidence-based model that has been proven to improve birth outcomes, child safety, parent-child bonding, school readiness, and family self-sufficiency.

Families participate voluntarily in the program and receive home visits from trained Public Health Nursing home visitors. Visits begin prenatally or right after the birth of a baby. Families may continue to receive services through the child's first three years. These are the years of most rapid brain development, and parents learn how they can help their children reach their full potential.

*Healthy Families'* home visitors receive extensive training in a wide range of topics:

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- maintaining a healthy pregnancy
- ensuring good nutrition
- self-care, newborn, and baby care
- understanding and responding to baby's needs
- forming a close bond between parent and baby
- healthy child development
- coping with life stress, such as finances and housing
- linking to health care and other community resources

Parents who receive a home visit are more likely to have children who enter kindergarten ready to learn, do not get sick as often, and state that they have a "happier family life" than those who do not participate.

For more information, call Public Health Nursing at (707) 472-2600.



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