

*All children will receive
nurturing care from their
family, essential to leading a
healthy and productive life*



*Healthy Families is an accredited
program, and made available through a
grant from NYS Office of
Children and Family Services.*



**If you would like more information
please contact**

Phone: 315-907-2905
Email: Healthy.families@waynecap.org
Fax: 315-946-3051
28 Canal Street
Lyons, NY 14489

**Scan QR code with your
smartphone.**



Digital referral

Healthy Families of Wayne County

Wayne County Action Program, Inc.



***Supporting your baby
right from the start!***

November 8, 2021

Every parent has their own list of questions before and when their baby arrives... Healthy Families can help!

**DID YOU KNOW THAT
PARENTS CAN HELP THEIR
BABY'S BRAIN GROW**



Healthy Families provides information and resources to offer prenatal support for new and expecting moms and dads..

You can expect information on...

- Labor and delivery (what to expect, how to best prepare, your rights, etc.)
- Connections to community resources to support a healthy pregnancy for both mom and baby.
- How Dads can bond with their baby during pregnancy.

And so much more!

**HEALTHY FAMILIES CAN HELP
YOU WITH:**

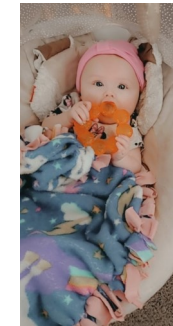
- **Information on INFANT CARE** including feeding, sleeping, walking, potty training, etc..
- **BREAST FEEDING** we are **Certified Lactation Counselors, CLC**
- **ENHANCING YOUR FAMILY'S STRENGTHS** to reach your goals.
- **PARENT- CHILD INTERACTION** Involving fun, parent-led child enrichment activities using an **evidence based curriculum**



Healthy Families has highly trained staff who can help you navigate through your parenting journey to reduce your fear of the unknown.

**HEALTHY FAMILIES IS FREE
VOLUNTARY, NO INCOME OR
INSURANCE
REQUIREMENTS AND AT YOUR
CONVENIENCE!**

Eligibility Requirements: Expectant parents and parents of newborns up to three months. Once enrolled, services are offered to you until your child is 3-5 years of age.



**Scan QR code with your
smartphone.**



Follow us on Facebook

Our support continues before and after the birth of your baby!