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

Healthy Families is made available through a grant from NYS Office of Children and Family Services.

Healthy Families is **FREE** voluntary, no income or insurance requirements and at your convenience!

Healthy Families of Wayne County
Wayne County Action Program, Inc.

If you would like more information please contact
315-946-1259
Healthy.families@waynecap.org
Fax: 315-946-3051

Family Education Center
28 Canal Street
Lyons, NY 14489

Visit us at www.waynecap.org

Supporting your baby right from the start!
**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, and more!
- **BREAST FEEDING** information.
- **ENHANCING YOUR FAMILY’S STRENGTHS** to reach your goals.
- **PARENT–CHILD INTERACTION** Involving fun, parent-led child enrichment activities.

**COMMONLY ASKED QUESTIONS ABOUT PREGNANCY:**
- What position is best for sleeping?
- Is exercise safe? What type of exercise is best?
- What weight gain is recommended/safe?
- What foods can I eat?
- Can secondhand smoke harm my unborn baby?

*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.*

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

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