



**Being a parent  
is a BIG job.  
We can help.**

**Healthy Families is a free home visiting program that provides useful information on parenting and child development.**

Our home visitors:

- Provide the latest information about child development
- Provide activities to support healthy child development
- Screen children for developmental delays
- Help parents learn ways to reduce everyday stress
- Teach positive parenting skills
- Help parents set and reach personal and family goals
- Connect families to other community services they may want and need

And so much more!



**To find out if you are eligible for this free program, call 850-653-2111 or visit [www.healthyfamiliesfla.org](http://www.healthyfamiliesfla.org).**

