



# Home Visiting: A partner for growing healthy families

## What is home visiting?

- ♥ Voluntary, free program intended to promote healthy parent/child relationships and improve child outcomes
- ♥ Pairs trained professionals/paraprofessionals with pregnant women, parents or other caregivers of children ages 0-5
- ♥ Provides ongoing education and support to enrolled participants in their own home or setting of their choice
- ♥ Provides strengths-based support to caregivers that helps lay the foundation for healthy, safe, stable and nurturing families

## What is the evidence\* for home visiting?

- ♥ Shown to mitigate poor outcomes associated with socioeconomic disadvantage
- ♥ Helps to increase prenatal care utilization and reduce adverse pregnancy outcomes in high-risk, first-time mothers
- ♥ Supports families in reaching goals related to:
  - ♥ Maternal and child health
  - ♥ Positive parenting practices
  - ♥ Reduced child maltreatment
  - ♥ Child development
  - ♥ School readiness
  - ♥ Family economic self-sufficiency

(\*The evidence for specific programs varies. For more information on the benefits of home visiting and evidence for specific programs see the Department of Health and Human Services-Home Visiting Evidence of Effectiveness (Homvee) website: <https://homvee.acf.hhs.gov>).

## Who are home visitors?

Nurses, social workers, early childhood educators, community health workers, and other types of paraprofessionals trained to:

- ♥ Support pregnant women and improve pregnancy outcomes
- ♥ Strengthen parent-infant bonding and build parenting competency
- ♥ Assess early childhood development and identify developmental concerns
- ♥ Identify family health and social needs and assist with accessing community resources
- ♥ Promote family stability

## How can home visiting support families?

- ♥ Participants develop ongoing relationships with trained professionals/paraprofessionals
- ♥ Home visitors provide individualized emotional and psycho-social support in the context of families':
  - ♥ Personal motivations
  - ♥ Psycho-social settings
  - ♥ Economic situations
  - ♥ Family systems, and
  - ♥ Cultural and other influences
- ♥ Home visitors can reinforce important health information and answer participant questions

## How can I access home visiting for families?

- ♥ Using the tips on the other side of this page, discuss home visiting with eligible participants.
- ♥ Using the Home Visitation Common Referral Form, get signed permission from potential participants to make a home visiting referral on their behalf.
- ♥ Complete and fax the home visiting referral form to the contact listed on the bottom of the form.

# Tips for Promoting Home Visiting to Eligible Participants

Key messages	Examples of ways to share key messages
<p>Home visiting helps pregnant women have healthier pregnancies.</p> <p>Home visiting helps kids be healthier and more ready for school.</p>	<p><b>With pregnant women:</b> I would like to tell you about a great service for pregnant women called home visiting. It's something I like to tell all pregnant women about because it's been shown to help women to have healthier pregnancies and infants to have better birth outcomes.</p> <p><b>With parents of children 0-5:</b> I would like to tell you about a great service for parents with young children like yours called home visiting. It's something I like to tell all parents with young children about because it's been shown to help children be healthier and more ready to enter school.</p>
<p>Home visitors can answer your pregnancy questions and help prepare you for the baby's birth.</p> <p>Home visitors can work with you to make sure your child is developing in a healthy way.</p>	<p><b>With pregnant women:</b> During home visits, a trained child development educator, like a nurse or community health worker, comes to your house on a regular basis to talk to you about your pregnancy. They can answer your questions, give you great information about how to stay healthy while you're pregnant, help you know what to expect as you go through your pregnancy, and help prepare you for your baby's birth. If you'd like, they can continue to provide support to you and your baby over the next several years, which are really important in your child's development.</p> <p><b>With parents of children 0-5:</b> During home visits, a trained child development educator, like a nurse or community health worker, comes to your house on a regular basis to talk to you about your child's development. The first few years of your child's life are really important for brain development. So it's a great opportunity for making sure your child is developing in a healthy way. The home visitor can work with you to make sure your child is ready for school when it's time.</p>
<p>Home visitors are there to support YOU.</p>	<p>Every person's home situation is unique. The nice thing about home visitors, even though they like to work with the whole family, is that they are there to support YOU. They aren't there to make decisions for you, or to judge you or your family's circumstances. They are there to listen, answer questions, and share information. They also know a lot about how to connect you to resources in the community that might be helpful for you and your family.</p>
<p>Home visiting is free and voluntary.</p>	<p>Home visiting is a free service. It's also voluntary, so while I encourage you to participate because home visiting programs have been shown to be really helpful, you can choose to stop at any time.</p>
<p>Home visiting is convenient.</p>	<p>I know that everyone's lives are so busy that it's probably hard to think of adding something else to your schedule, but home visitors understand this and will work with you to find times to meet that work best for you.</p>
<p>Home visiting helps everyone, even women that have already been through a pregnancy or parents that already have a child(ren).</p>	<p><b>For pregnant women:</b> I know this isn't your first pregnancy, but every pregnancy is different and you might have questions or experiences that you didn't have the other time(s). Other women who have participated in home visiting have appreciated having someone to talk to about their current situation.</p> <p><b>For parents of children 0-5:</b> I know you have (an)other child(ren), but every child is different and you might have questions or experiences that didn't come up with your older child(ren). Other parents who have participated in home visiting have appreciated having someone to talk to about their current situation.</p>
<p>Signing this consent form allows a home visiting program to contact you and tell you more.</p>	<p>If home visiting sounds like something you would like to try, you can sign this referral form. This gives permission for someone from a home visiting program to call you, give you more information, and schedule a time to meet. If for some reason you're not comfortable having them come to your home, you can ask to meet in place close to your home, like a coffee shop or park, for your first visit.</p>

For more information about tips for promoting home visiting contact:  
 Dr. Theresa Cruz at 505-272-4462 or [thacruz@salud.unm.edu](mailto:thacruz@salud.unm.edu)