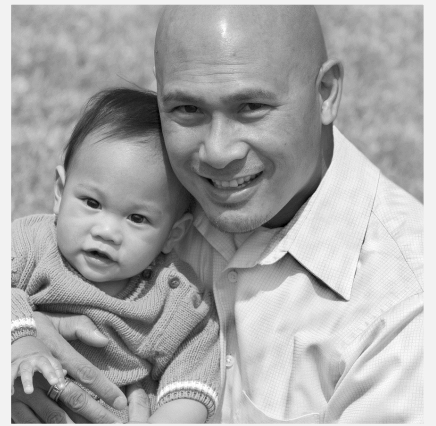


Parents say...

“Healthy Start ~ Healthy Families makes parenting so much easier they help first-time parents understand what it takes to be a good parent. They also teach about what the baby needs.”

“Healthy Start~ Healthy Families helped me understand what it means to be a father and why my child acts the way she does. “

“The best thing about Healthy Start ~Healthy Families is the information about child development and all the support they give me.”



Parents who have participated in Healthy Start ~ Healthy Families value the help it has provided them.

Contacting Healthy Start ~ Healthy Families Oregon

To find out more about Healthy Start ~ Healthy Families in your community, call the program for your county:

Baker County.....	541-426-9411
Benton County.....	541-757-8068, ext. 117
Clackamas County	503-546-6533
Clatsop County.....	503-366-6556
Columbia County.....	503-366-6556
Coos County.....	541-751-2428
Crook County	541-447-5165, ext. 215
Curry County.....	541-888-7336
Deschutes County.....	541-749-2137
Douglas County.....	541-492-1656
Gilliam County.....	541-384-3808
Grant County.....	541-575-1006
Harney County.....	541-573-6461
Hood River County.....	541-436-0306
Jackson County.....	541-690-3555
Jefferson County.....	541-475-4456, ext. 4223
Josephine County.....	541-471-3445, ext. 1143
Klamath County.....	541-883-1030
Lane County.....	541-682-8780
Lincoln County.....	541-265-0436
Linn County.....	541-967-3888, ext. 2676
Malheur County.....	541-889-7279, ext. 123
Marion County.....	503-576-4632
Morrow County.....	541-676-5421
Multnomah County.....	503-988-5055
Polk County.....	503-485-2187
Sherman County.....	541-384-3808
Tillamook County.....	503-842-2773
Umatilla County.....	541-564-6878
Union County.....	541-786-0049
Wallowa County.....	541-426-9411
Wasco County.....	541-436-0306
Washington County.....	503-517-5798
Wheeler County.....	541-384-3808
Yamhill County.....	503-474-4917

For more information about Healthy Start ~ Healthy Families Oregon, contact: Christi Peeples, Early Childhood Coordinator 503-378-6768 or christi.peeples@state.or.us 775 Court Street • Salem, OR 97301

Healthy Start ~ Healthy Families Oregon

Home visits for first-time parents... because babies don't come with instructions



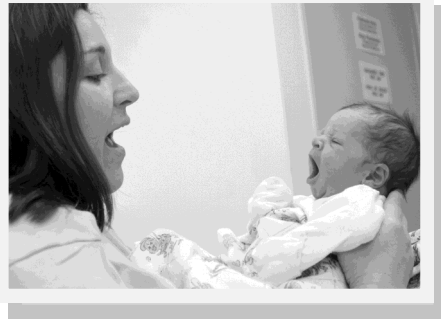
Accredited by Healthy Families America

Give your baby a

Healthy Start!

Parenting is one of the most important jobs a person will ever do. Yet, being a parent can be a tough job.

As a new parent, you create the foundation for your baby's future. Research shows that what happens during the first three years of life can last a lifetime.



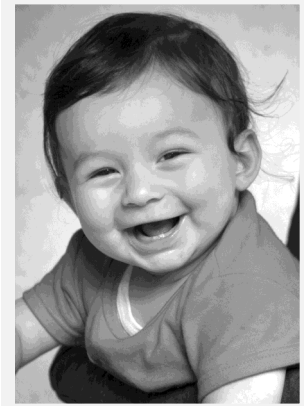
Having your first child brings lots of changes. Every new parent has questions and can use some extra support. That is why Healthy Start ~ Healthy Families is here.



Welcome Baby

All first-time parents in Oregon are invited to receive Healthy Start~ Healthy Families "Welcome Baby" support. Healthy Start ~ Healthy Families is voluntary and free.

Healthy Start ~ Healthy Families offers information to families on:

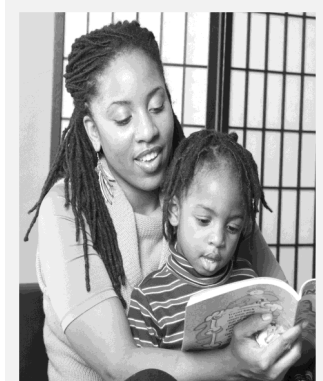


- How babies grow, develop and learn.
- How to care for your infant, including tips on feeding, sleep and safety.
- How play helps babies learn.
- How to keep your baby and yourself healthy.

And...

You are invited to fill out a Healthy Start~ Healthy Families questionnaire. Then we can tell you about resources in your community, like:

- Child care
- Breast feeding support
- Help for depression or drug and alcohol problems
- Parent-child playgroups
- Healthy Start ~ Healthy Families home visiting services



Healthy Start home visiting

Many families are eligible for home visits with their own Healthy Start ~ Healthy Families home visitor for up to three years.

During these home visits, you will receive information and support from an understanding, friendly visitor. You will learn new skills so you can:

- Cope better with the challenges you face as a parent
- Help your baby grow up healthy and strong
- Help your baby be ready for school

And...

You will learn about how to connect with other services for you and your family.

Part of a larger support system

Healthy Start ~ Healthy Families is part of the national Healthy Families America Network of home visiting programs.

In Oregon, Healthy Start ~ Healthy Families work closely with other organizations so that families get connected with community resources.

