



Healthy Families Home Visiting Program

A Healthy Families home visitor can help you get off to a great start with your baby and gain confidence in your parenting. Home visiting benefits both first-time and experienced parents!

- Understand what is happening during pregnancy and throughout your baby's development
- Learn safe ways to teach your baby new things
- Get what you need for your baby and make plans for your family's future
- Try out play and learning activities with your child
- Track your child's development
- Understand your child's needs and how to meet them
- Reach your educational or career goals

This program is free. If you choose to be in the program, you will be asked to meet regularly with your home visitor, typically once per week or every other week, depending on your child's age.

For more information, please call **573-874-7488.**

COLUMBIA/BOONE COUNTY DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES

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TWITTER: @COMO_HEALTHDEPT



Healthy Families
Columbia/Boone County™



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