

# Family First

PARTNERING WITH FAMILIES FOR HEALTH AND WELLBEING



## Family First Home Visiting Program

The first few years of a child's life are important. Home visiting for families with pregnant women and young children supports parents by offering information on child development, and family health and wellbeing.

Home visiting also helps in early identification of developmental delays, and supports family self-sufficiency and school readiness.

Home visiting gives families access to partners and services in the local community.

The Plumas County Public Health Agency and all of the Family First partners are committed to offering quality resources for strong healthy families.

Call today and find out more about Family First!

### LACTATION EDUCATOR COUNSELORS CLEC/LEC

*offers breastfeeding support to*

- Share tools & techniques
- Answer your questions
- Address your concerns

### Serving Plumas County

*"Nurse home visiting for families in Plumas County help create safe and nurturing environments in which to raise children, brightening the future."*

### Adding Valuable Resources to Family Life

- *Free and Confidential*
- *No transportation needed! Nurse visits at home or at location of your choice*
- *Health Education in child health, family planning, nutrition for children, dental care, immunizations*
- *Child Development education with tips & activities, screening & referrals*
- *Prenatal/Birthing Education*
- *Newborn Care & Breastfeeding Support*
- *Calming Touch: Certified Infant Massage Instructors teach parents simple techniques to enhance comfort and development*
- *Resources & Referrals: local dental & medical clinics, Medi-Cal, crisis & domestic violence resources, housing, WIC, speech, child development, emotion regulation, car seats, substance abuse & life counseling, Native American resources, parenting & life skills*
- *Servicios en Español*



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