

## NEXT STEPS:

You can expect a call from a service coordinator at your local health department within the next seven business days.

## WHAT IS HOME VISITING?

Home visiting programs are free services for parents that take place in the comfort of their own home. These programs help parents bond with their kids.

The home where a child grows, lives and learns is important to healthy development. Supportive, home-based services help parents get what they need to keep their family healthy. They also help kids to live up to their potential.

## SERVICES WE CAN HELP CONNECT YOU WITH

### HEALTH

- Vaccinations
- Vision and Hearing Screening
- Health Care/Insurance
- Dental Services
- Mental Health Services

### FAMILY

- Family Planning
- Great Start Parent Coalitions
- Early On Services
- Parenting Classes
- Playgroups
- Parent Support Groups

### SUPPORT

- Food Assistance
- Financial Supports
- Housing
- Childcare
- Substance Use Recovery
- Preschool/School Resources
- GED Services
- Transportation
- Legal Services
- Smoking Cessation
- Personal Resources (Diaper, wipes, formula etc.)

*\*\*Some services may not be available in all areas, your home visitor will help you navigate in your area.\*\**

## PROGRAMS AVAILABLE IN THE U.P.



### MATERNAL INFANT HEALTH PROGRAM (MIHP)

MIHP provides nurses and social workers to help connect you with your doctor and other service providers in your community. Pregnant women and infants up to 1 year old, with Medicaid insurance, are eligible.



### HEALTHY FAMILIES UP (HFA UP)

HFA UP promotes positive parenting, independence, and school readiness. Families have to be enrolled before their child turns three months old. Once enrolled, they can take part until the child turns five years old.



### PARENTS AS TEACHERS (PAT)

PAT promotes the best early development, learning, and health of young kids by supporting parents. They focus on giving parents tools to succeed. It is a program for families with pregnant women, infants, and toddlers up to age 4.



### EARLY HEAD START (EHS)

EHS provides support during pregnancy, activities for parents and kids, parenting tips, and in-home health and nutrition support. It is a program for income-eligible families with pregnant women, infants and toddlers up to age 3.



### FAMILY SPIRIT

Family Spirit was designed specifically for Native American Families. Native American families that include pregnant women and kids age 3 and under may be eligible to take part.

## WHAT IS WIC?

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. Nurses and dietitians provide nutrition tips and health assessments. Families receive food benefits. Lactation consultants will also help coach women who are nursing. WIC is for pregnant and breastfeeding women, women with new babies (up to 6 months), infants from birth to 12 months, and children from 1 to 5 years.

## WHO CAN GET WIC?



Residents of the State of Michigan

Meet Income Requirements\*



*\*at or below 185% of Federal Poverty Income Guidelines, on Medicaid, or on food assistance. Guidelines change regularly so contact your local WIC office for help.*

