

Rice County Public Health offers a variety of family home visiting models by registered nurses and family health specialists to support families and children.

Families are served regardless of income or insurance status. Mothers and fathers we serve determine visit frequency, which may span from singular visits to sustained visiting over more than 3 years.

Our **philosophy** of home visiting is service through strength-based relationships to support and connect families to community as they desire. The outcomes of our home visiting programs include:

- Improved child health, including increased birth weight
- Improved parent-child interactions
- Increased parent understanding of developmental milestones
- Improved school readiness
- Improved family self-sufficiency
- Improved Coordination of services and referrals

**Public Health Nurse Home Visits:** Public Health nurses are available to make home visits for education and support related to healthy pregnancy, breastfeeding, labor and delivery, or to learn more about being a new parent. Nurses can weigh and measure your baby, teach about newborn care, breastfeeding, nutrition, car seat safety, immunizations, infant brain development and many other parenting topics, as well as connect families to a wide variety of other community resources.

**Evidence Based Family Home Visiting:** Ever evolving, we launched our 9 county regional “Healthy Families America” evidence based family home visiting model in 2018. This evidence-based model of family home visiting provides ongoing support to families with young children. The program is voluntary and families enroll prenatally or shortly after the birth of their child. Home visits by nurses or family health specialists continue until a child is 3 years old. These services help assure healthy pregnancies, positive child growth and development, and help families receive support during pregnancy and through their child's toddler years, leading to children who arrive at kindergarten eager and ready to learn.



To learn more about any of our family home visiting services, please call Rice County Public Health at (507) 321-4978 or (507) 332-6111 and ask to talk to one of the family child health nursing staff.