

# Westchester County Home Visiting Programs



## Home visiting

Babies don't come with an instruction manual. As parents, we all need a little support. Home visiting is a voluntary and free service for pregnant and parenting families.

Home visiting programs have highly trained supportive staff to make visits to your home and provide information and support about:

- ★ Education about pregnancy, breastfeeding, newborn care, and parental bonding
- ★ Education on your baby's health and development
- ★ Healthy coping strategies for stressful parenting situations
- ★ Your health and development through pregnancy and the postpartum period
- ★ Understanding child development milestones and behaviors
- ★ Breastfeeding and caring for your baby
- ★ Encouragement with positive parenting techniques
- ★ Connecting parents to community resources

Through regular home visits families can have improved birth outcomes and better pregnancy health



### Westchester Maternal & Family Wellness

Serves all zip codes in Yonkers, Mt. Vernon 10550  
& New Rochelle 10801

P: 914-922-2240 ext.103 / ext.102

F: 914-922-2254

Encrypted Email: supportwest@lhvpn.net

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### Make a Referral

Referring staff: \_\_\_\_\_ Referring from: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Client information

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Zip code: \_\_\_\_\_

Preferred language \_\_\_\_\_ Email: \_\_\_\_\_

Pregnant? Y / N if yes, due date: \_\_\_\_\_ Age of child(ren): \_\_\_\_\_

By signing this form, I understand that the information I provide will be shared with another agency. I understand that this referral is not a guarantee that I will be accepted into a home visiting program.

Client signature: \_\_\_\_\_ Date of referral: \_\_\_\_\_