

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities

## The Goals of Building Healthy Families are to:

- Enhance the health and development of your entire family
- Reduce the stress that comes with being a parent
- Strengthen the bond between you and your child
- Help you in gaining independence

Building Healthy Families is able to support your family from pregnancy up until your child enters preschool or kindergarten.

**Building Healthy Families understands the importance of dads and encourages their involvement whenever possible.**



Opportunities For Otsego  
3 West Broadway  
Oneonta, NY 13820  
[www.ofoinc.org](http://www.ofoinc.org)

### This program is funded in part by:

Healthy Families New York program of the NYS  
Office of Children and Family Services  
Otsego County Department of Social Services

# Building Healthy Families



**607.433.8000 | 800.986.5463**

Supporting Parents Right from the Start

For more information contact OFO at:

**607.433.8000 or  
800.986.5463**

Monday – Friday  
8:00 AM – 5:00 PM



## What Can Building Healthy Families Offer Me?

**Family Assessment:** The first step to becoming involved in Building Healthy Families is to participate in a Family Assessment. Through this service, program staff will talk to you about the challenges and successes you are having and provide information on community resources and programs. The free, voluntary assessment is completed in your home or another convenient location during your pregnancy or before your child turns 3 months old.

**Home Visiting:** The second service Building Healthy Families offers is ongoing home visiting to caregivers throughout Otsego County. Home Visiting is a joint effort between your family and a Family Support Worker in which we help you explore where you want to go in life and help you get there. Building Healthy Families also offers:

**Relief From Stress** that comes with having a new baby and other life situations by exploring new coping skills and offering emotional support.

**Opportunities To Have Fun** Family Support Workers will introduce activities that your family can do together with homemade or store-bought toys.

**New Information** on your developing baby and caring for a newborn; including the baby's father in daily routines, new ideas on discipline, and anything else you would like to know.

**Connection to the Community** by providing referrals to area organizations, opportunities for group events with other parents, and help in arranging transportation to medical appointments.

**Help in Being the Best Parent You Can Be!**

## What Can Building Healthy Families Offer My Child?

Your Family Support Worker can help give you and your child the most valuable gift of all – a loving, nurturing, happy family. We will show you new ways to care for your growing baby that will help them become the best they can be. We can also offer your child:

**A Healthy Childhood** by helping you obtain health insurance, gain access to a medical provider, and information on nutrition and other childhood health issues.

**A Safe Environment** through parent education on home safety, SIDS, discipline techniques, car seat safety, and referrals to community organizations.

**Encourage Overall Development** through regular developmental screenings and individualized activities based on your child's skills.

**New Ideas for Play** that will encourage bonding and promote a positive relationship between you and your child.

**Wonderful Memories That Will Last a Lifetime!**



## How Do I Become Involved?

To take advantage of our free, voluntary services you may either:

**Complete a Building Healthy Families Community Survey.** Surveys are available online, at Opportunities for Otsego, WIC, PCAP/ MOMS, and many prenatal care provider offices throughout Otsego County.

**Call Building Healthy Families** to schedule your free, voluntary Family Assessment:

**607.433.8000**

**“Weekly home visits have provided me with the education on how to deal with the life changing experience of becoming a parent. Without the program, we would have felt alone”**

- Program Participant -

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