



Healthy Families Arizona

Southwest Human Development's Healthy Families program is a free, voluntary, in-home service that can support you through the joys and challenges of parenting. Healthy Families is a parent and family support program focusing on early childhood health, development, literacy, and school readiness.

Healthy Families can give you and your family support from pregnancy through the most important years of your child's life. A trained Family Support Specialist will come visit with you in your home and work with you in those areas that come up in day-to-day parenting:

- Child Development
 - Provide information about your baby's development
 - Offer activities that you and your family can do together
 - Focus on literacy development by providing free children's books for your family
- Health and Safety
 - Provide support in identifying a regular medical provider
 - Offer well-child, sick-child, dental care and nutrition education
 - Conduct in-home safety screening
- Family Self-Sufficiency
 - Education and employment support
 - Connection to various community services that can help you with continuing your education, getting a job or obtaining financial assistance
 - Work toward short-term and long-term goals

Eligibility

- Parents who want to be the best parents they can be
- Families who are expecting a new baby, or have a baby who is less than 90 days old

Questions?

- You can speak directly with a Healthy Families representative by calling (602) 427-4725 or emailing healthyfamilies@swhd.org.

**To sign up
or refer a family,
scan here!**



Yes, I would like a Healthy Families representative to contact me with more information!

Parent's Name: _____ Parent's Date of Birth: _____

Address: _____ ZIP Code: _____

Phone Number: (_____) _____ Baby's Date of Birth/Due Date: _____

Parent's Signature: _____ Date: _____

How did you hear about Healthy Families?: _____