

# You're there for them. We're here for you.



## Free information on family wellness support services.

In terms of our children's health, lots of factors have an impact. But perhaps the most important factor is the overall wellness of our families. To provide the best environment for our children, we need to make sure that our family unit is as healthy as possible. That is why local and state partners have joined together to help you access the information and services every parent needs.

## 2-1-1 Child Development Infoline is here for you!

Call 2-1-1 or 1-800-505-7000 or visit  
[cdi.211ct.org/healthyfromdayone](https://cdi.211ct.org/healthyfromdayone) for information  
on all aspects of child development and family wellness.



*Funded by the Substance Abuse and Mental Health Services Administration through the Elm City Project Launch program.*



When you *calmly and lovingly* hold your baby, read to them, talk to them, and play with them, you're building your baby's brain.



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# It truly takes a village to raise a child.



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**Healthy**  
from **Day One**

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