

# Norwalk Home Visiting Programs



Home visiting programs provide critical support to families with young children. Home Visiting programs focus on positive parenting skills, facilitate connections to supportive services, and promote child wellness and development.

## Nurturing Families Network

The Nurturing Families Network provides screening and assessment, group support, and intensive home visiting for new parents. The program focuses on nurturing parenting, child development, and health and community resources through three main programs:

**Nurturing Home Visiting** provides trained home visitors to help first-time families in Norwalk by offering regular home visits for up to five years, education on parenting and child development, and access to important community resources.

**Nurturing Connections** offers phone support, parenting education, and referrals to needed services for new, first-time families. Services are provided by trained volunteers.

**Nurturing Groups** are regularly held prenatal and parenting groups in both English and Spanish for families with a child between birth and 5 years old. Childcare is offered as part of the curriculum.

## Fatherhood Initiative

In the spring of 2007 a Nurturing Fathers Program initiative was launched at Family & Children's Agency. Our goal

is to increase the participation of fathers in the lives of their children, increase the fathers' knowledge about their children's developmental needs, and to promote bonding and attachment between fathers and their children.

The program is focused on those fathers whose families are participating in the Children's Trust Fund's Nurturing Families Network program, as well as men whose families are involved with other home visiting programs that serve families with children under the age of five.

## The Maternal Outreach and Mentoring Service (MOMS) Program

Like the Nurturing Families Network, the MOMS Program is designed for pregnant or parenting families in the Greater Norwalk community. The MOMS Program provides intensive weekly home visits to families until the child is 8 years old.

The home visitor provides education on parenting skills with a focus on developmentally appropriate behaviors and parenting techniques. The home visitor provides case management, linking families to support services and resources in the community.

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## Child and Family Inter-agency Resource, Support, and Training (Child FIRST)

Child FIRST is a national, evidenced-based, two-generation model that provides intensive, home based behavioral health services to children, birth through 6, and their families, as well as prenatal mothers. Families are paired with a team consisting of a Mental Health/ Developmental Clinician and Care Coordinator who, together with the family work to decrease parental and familial stress, build strong, nurturing parent-child relationships, and promote healthy emotional, cognitive, and physical development. Services include comprehensive assessment; family-driven plan of intervention, supports, and services for all family members; home-based parental guidance and two generation child-parent psychotherapeutic services; assessment and mental health consultation in early care and school settings; and coordinated, hands-on assistance to connect families with community services and supports.

### Parents as Teachers

Parents as Teachers is a strong evidence-based home visiting model providing a broad context of parenting education and family support, and building protective factors, especially for those families in vulnerable situations. At its core, Parents as Teachers is relationship-based and parenting-focused. The approach and curriculum focus on parent-child interaction, development-centered parenting, and family well-being; on strengths, capabilities and skills; and on building protective factors within the family.



For more information or to refer to a Norwalk Home Visiting Program, call the Child Development Infoline (CDI) at 1-800-505-7000 or use the Universal Referral Form.

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