

From day one, the little things you do can make a big difference in your baby's life!

New Mexico's Home Visiting programs are designed to achieve six big picture goals:

1. **Babies are born Healthy** – *Receive Prenatal Care*
2. **Children are nurtured by their parents and caregivers** – *Improved Parenting Skills*
3. **Children are physically and mentally healthy** – *Support For Healthy Development*
4. **Children are ready for school** – *Enhance Social Emotional Development*
5. **Children and families are safe** – *Promote Safety and Wellbeing*
6. **Families are connected to formal and informal supports in their communities** – *Referred to Community Supports*

For more Information visit:

**Home Visiting —
Early Childhood
Education &
Care Department**
nmeccd.org



Home Visiting professionals support families by providing information on check-up milestone dates, screenings, referrals, parenting advice, and guidance with navigating other programs and services in their community.

What Home Visiting professionals do:

- Come to see you in the convenience of your home (or virtually)
- Offer support and listen to you and what families have to say
- Answer questions about your baby's development
- Help connect you with resources in your community

Benefits of home visiting:

- Support for you, your baby and your family's well-being
- Better understand how your baby lets you know what they want
- Discover ways to use your relationship with your baby to support his development
- Encourages prenatal care and healthy pregnancy practices to promote a healthy birth.
- Teach positive parenting skills
- Work with caregivers to set goals for the future in their community that supports positive paths forward.
- Support child readiness to succeed in school



Home Visiting



NEW MEXICO

Early Childhood
Education & Care Department

Family Support and Early Intervention Division

Home Visiting Vision:

New Mexico families are supported to raise children who are healthy, happy, and successful.

What's Home Visiting?

What a child experiences in their first years of life makes a big difference in how their brain will develop and how they will interact with the world as they grow. Home Visiting helps families to: gain knowledge regarding child development, connect with community support services, discover ways to support learning through play and interactions, receive emotional support through challenges associated with raising a child, and access support to get out of dangerous or unhealthy situations.



Research shows what a child experiences in their first years of life makes a big difference in how their brain will develop and how they will interact with the world throughout their life. Infant/toddler interactions are critical to the development of a secure attachment, best possible development in all areas of functioning, and is associated with greater success during the school years.

Home Visiting services are:

- Available to all expectant parents and families with children birth to kindergarten entry. A healthy pregnancy and a healthy baby are not only critical to the immediate well-being of primary caregiver and child, but are also integral to the long-term health and success of the family and community.
- Voluntary and **free of cost**
- Offered through 32 programs around the State of New Mexico, serving 32 counties.
- Tailored to cultural and linguistic needs of communities and families. Culturally responsive, quality home visiting has proven to be an effective service delivery model that strengthens families, children, and communities, leading to self-sufficiency, lower health costs, and school readiness.
- Families can meet with Home Visiting providers face-to-face or virtually



Home Visiting Offers Innovative Supports for Families

- Breastfeeding initiation and supports
- Lactation Classes
- Car Seat Safety
- Sleep Baby Kit
- First Aid/CPR
- Birthing Classes
- Infant Massage
- Fatherhood Support Groups
- Young Parent Support Groups