

What Are Family Home Visits?

Maternal and Child Health Home Visiting Program strives to improve the health status of children, youth, women, and their families. Benefits of home visits are both supportive and educational.

The visits focus on the following:

- Healthy Pregnancy Care
- Preventative Health Care
- Healthy Families, Mothers, and Babies
- Nutrition Education
- Breastfeeding Education
- Bottle feeding Education
- Childbirth Education
- Parenting Education
- Safety
- Infant Care, Growth, and Development
- Linkages to Community Resources

Who is eligible?

All pregnant women

- First Pregnancy
- Teen Pregnancy
- High Risk Pregnancy
- History of Chronic Disease
- Complications During Pregnancy
- Poor Weight Gain/High Weight Gain
- Interested in Breastfeeding
- History of Preterm Labor
- Multiple Births
- WIC Clients

Post Partum Moms and Babies

- Postpartum Women
- Infants & Children from birth to 3 years
- Concerns about Postpartum Depression



The Family Home Visiting Program strives to improve the health status of children, youth, women, and their families.

Public Health information is essential for promoting, improving, or maintaining the health and well-being of women, children, and families throughout St. Louis County.

Caring Professionals will answer questions and address your concerns with dignity, respect, and privacy.

Visits are in your home or at the Public Health Department anytime during a woman's pregnancy.

How much do the programs cost?

The Programs are voluntary & free of charge.

For further information contact

The Public Health Department nearest you:

Duluth Area: 218-725-5210

Ely Area: 218-365-8220

Hibbing Area: 218-262-6000

Virginia Area: 218-749-0600

Or Toll Free: 1-800-450-9777

Ext 7600

Public Health & Human Services Dept
Northland Office Center, East Wing
307 First Street South
Virginia, MN 55792
218-749-0600

The Program is administered by:
St. Louis County
Public Health & Human Services Department



S A I N T
LOUIS
COUNTY
M I N N E S O T A

Public Health Nurse Home Visiting Program

The
Family Home Visiting
Program



The
Superior Babies
Program



The
Nurse-Family
Partnership
Program



What is Nurse-Family Partnership Program?

Nurse-Family Partnership is a program for women who are having their first baby.

Your specially trained nurse will visit in your home every week or two throughout your pregnancy and continue up until your baby is 2 years of age. You and your nurse will decide the exact schedule.



Your Nurse will help you:

- Have a healthy pregnancy and a healthy baby.
- Become a better parent.
- Build a strong network of support for you and your baby.
- Make your home a safe place for your baby to live and play.
- Get referrals for healthcare, childcare, job training, and other support services available in your community.
- Find ways to continue your education and develop job skills.
- Set goals for your family's future and find ways to help you reach them.

Who is eligible?

Any woman who is:

- Pregnant with your first child
- Meets income requirements

You can join as early in your pregnancy as you like, but you must join before the 28th week of pregnancy.

What is Superior Babies Program?

Superior Babies Program provides supportive relationships to any pregnant woman with a history of substance use. By partnering with a licensed chemical dependency counselor and public health nurse, the journey to sobriety can be an amazing adventure. Through pregnancy and until the baby reaches two years of age, Superior Babies is committed to helping the mother reach a variety of life-skills and parenting goals to help meet her needs.

Your Nurse will help you:

When you partner with the Superior Babies Program you get a nurse and a drug & alcohol counselor who will:

- Assist you with remaining drug and alcohol free
- Help you have the healthiest baby you possibly can
- Provide pregnancy and parenting education
- Help you find housing, food, support, and assist you to reach your employment and education goals
- Connect you with services in the Community
- Appreciate your individuality and respect your cultural and spiritual values

Who is eligible?

Any woman who is:

- Pregnant
- You want to have a healthy baby
- You have questions or concerns about your chemical use

