

You'll teach me that it's OK to
ASK QUESTIONS.



I want you to **take your own advice.** Find out what Illinois Family Connects has to offer.



Illinois Family Connects is available to Stephenson County families who deliver at FHN Memorial Hospital.

Learn more by phone or online:

815-801-4435

www.ILfamilyconnects.org

ILfamilyconnects@aeroinc.net

Illinois Family Connects
Stephenson County Health Department
10 W Linden Street
Freeport, IL 61032
www.stephensonhealth.com



**Illinois' NEWBORN
HOME VISITING
PROGRAM**

Growing Healthy Babies



CONGRATULATIONS on your NEW BABY!

AS A STEPHENSON COUNTY FAMILY who delivers their baby at FHN Memorial Hospital, you are eligible for a free in-home nurse visit courtesy of Illinois Family Connects.

Illinois Family Connects supports parents like you by bringing health providers, community resources and families together. Our mission is to connect you with resources that nurture your whole family and support your child's growth.

It's about planting seeds for the future. Together, we're growing healthy babies and making a more prosperous Illinois.

Since I don't come with
an instruction manual,
Illinois Family Connects fills in the gaps.



What can ILLINOIS FAMILY CONNECTS do for you?

Having a new baby affects many areas of a family's life. Illinois Family Connects nurses are trained to answer all kinds of questions and are knowledgeable about the wealth of resources in our community. Here are a few examples of how an Illinois Family Connects nurse can address your family's needs:

Baby weight check	Safe sleep information
Mom health check	Management of infant crying
Breast or bottle feeding help	Financial resources
Postpartum depression screening	Playgroups & parent support groups
Understanding of childcare options	Early literacy information
Understanding of new family dynamics	Family planning advice
Back-to-work support	Scheduling appointments
Help with bathing, diapering & swaddling	Healthy home connections

WHAT YOU CAN EXPECT



THREE WEEKS
Visits are scheduled around 3 weeks after your baby's birth



NO COST TO RECIPIENTS
As an eligible recipient, you will not be charged



REGISTERED NURSE
All visits are made by highly-trained nurses



FOR ALL
Helping all families, regardless of income or background



Illinois Family Connects is a **COMMUNITY-WIDE** effort.

Research shows that when families use the Family Connects program, mothers feel less anxious, they learn about quality childcare options available to them, and their babies need less emergency care at hospitals. This all adds up to an enormous, positive impact on the community.

Growing a healthy Illinois



Our Community Partners



STEPHENSON COUNTY
HEALTH
DEPARTMENT
Building a Healthy Community



Governor's Office of
Early Childhood Development



Illinois State Board of Education

