MATERNAL & CHILD HEALTH

The first months of life lay the groundwork for a child's entire future – physically, cognitively, and emotionally. As every new parent discovers, nurturing and tending to a baby also demands a great deal of effort in each of those areas. From sleep deprivation to anxiety about your child's development, the early stages of raising a family are challenging under the best of circumstances. For parents facing their own health issues, and those who never experienced a positive parenting role model, the stress of raising a family can quickly become overwhelming.

Family support programs help parents handle issues that can diminish their ability to provide adequate care. From health screenings and referrals to education about early childhood milestones, home visitors give new moms and dads the tools they need to foster positive growth for every member of the family.

Success STORY

In the spring of 2016, an expectant mother was enrolled in a family support program. She did not have a lot of family or friends in the area, so her Family Support Professional was critical as a steady source of support and guidance. The Family Support Professional helped this young mom set goals, connect with community resources (including screening and help for post-partum depression), and take steps that eventually led to secure housing for her family, a job with a living wage, and purchase of a vehicle.

Enriching relationships at heart and home

A healthy mother is more capable of providing for her child's many needs.

HEALTHY CAREGIVER

78% caregivers that screened positive using a depression screener were referred to or already receiving services

89% children received their recommended well-child visits

HEALTHY CHILDREN

INSURED

Supporting the health of families

93% of primary caregivers are insured

99% of children are insured

Raising RESILIENT IOWA FAMILIES

Information on this report is based on FY17 FFSD, MIECHV, and other statewide family support data. For the full technical report, please **go to this link.**

Iowa Family Support