



WHAT IS HOME VISITING?

Home Visiting – It’s like getting the instruction manual after all.

We all wish kids came with an instruction manual, preferably before they are born! Did you know? From conception to 3 years old, a child has the greatest period of development and growth throughout his or her entire lifetime! Bonding, environment, nutrition—every experience a mother and child have during these years shapes the person that child will become, impacting physical, emotional and mental health from the very beginning.

Every parent has questions. Every parent wonders. Every parent does the best they can. And every parent deserves someone in their corner—someone who knows that each parent starts their own child’s story, and who can help, when needed. A home visitor is like getting the instruction manual on how to make a healthy, smart, successful baby!

The Nebraska-Maternal, Infant, and Early Childhood Home Visiting Program (N-MIECHV) supports eligible pregnant women and families and helps over-burdened parents of children from birth to kindergarten entry tap into the resources and hone the skills they need to raise children who are physically, socially and emotionally healthy and ready to learn.

Life places some at a disadvantage, increasing the risk of children not being ready for success on that first day of kindergarten, or work as they grow older. “Over-burdened” means those families that may struggle with complex issues, such as living below or near the poverty level, facing homelessness, those affected by substance abuse, domestic violence or mental health issues. Teen parents or refugees, military families with a parent that is serving elsewhere—those pregnant or parenting families that have significant stressors and need some support.

Home visitors reinforce what you’re doing RIGHT and help connect you to helpful resources. They teach and encourage, focus on strengths and build knowledge—helping parents be the best they can. Home visitors are here to support and strengthen Nebraska families.



Evidence-based Home Visiting: walking the walk, and not just talking the talk!

It means the highest quality home visiting programs that have **proven effectiveness** through decades of research and data. In the Nebraska-Maternal, Infant & Early Childhood Home Visiting network, we maintain best practice standards, collect data and continuously use that information to make sure the program works in just the right way for each family. The strong connections and resources are individually tailored for the unique needs of individuals.

"There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think."

Winnie the Pooh