



What is Home Visiting?

Parenting isn't always easy. Home Visitors are Partners in Family Support.

Don't we wish babies came with an instruction manual? From conception to 3 years old, a child has the greatest period of development and growth throughout their 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.

We believe that 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 grow healthy, smart, and successful!

The Nebraska-Maternal, Infant, and Early Childhood Home Visiting (N-MIECHV) network programs provide Parenting Partners-- support for over-burdened pregnant women and families with very young children.

Life places some families at a disadvantage, increasing the risk of poor health outcomes like low birth weight, maternal depression, injuries, or not being ready for success on that first day of kindergarten. "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 use, relationship 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 may need extra support.

Home visitors LISTEN and reinforce what you're doing RIGHT. They help connect you to helpful resources. They teach and encourage, focus on strengths and build knowledge of child development as well as healthy family behavior. Home visitors are Partners to support and strengthen Nebraska families.

Evidence-based Home Visiting

It means the highest quality home visiting programs that have **proven effectiveness** through decades of research and data. In the N-MIECHV 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.