






Research Supported, Parent Approved.

Nurse Home Visits help parents...

-  Better understand how to care for their baby
-  Increase their confidence
-  Continue breastfeeding by providing support needed
-  Reduce emergency room visits
-  Reduce the incidence of child abuse & neglect

For more information:

FamilyConnects.AppHealthCare.com

Call or Text (828) 795-1917

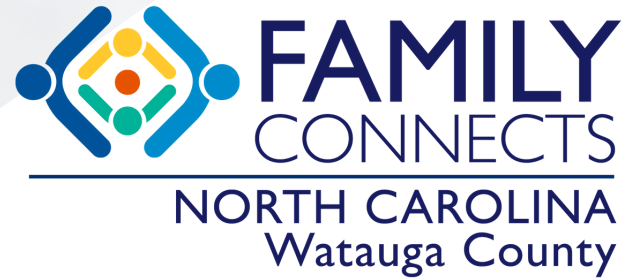


**FAMILY
CONNECTS**
NORTH CAROLINA
Watauga County

In collaboration with:

AppHealthCare
126 Poplar Grove Connector
Boone, NC 28607
familyconnects.apphealthcare.com

**The Children's Council of Watauga
County**
225 Birch St. Suite 3
Boone, NC 28607
thechildrenscouncil.org



A Universal Home
Visiting Program

Growing Healthy Babies.

A SPECIAL THANKS TO
OUR SPONSORS!



Congratulations on your new baby!

What is Family Connects?

At Family Connects, we believe that every family needs support after bringing home a baby. The needs are different in each family - from help with feeding and safe sleep to getting information about child care and parenting groups. Family Connects Watauga supports parents like you by offering a free, virtual home visit by a registered nurse. The nurse will provide a child health check, answer your questions, and link you with community resources to connect your child to a healthy future. Whether you are a first time parent or a seasoned parent, we know how challenging being a new parent can be. We are here to offer you support, guidance, and a listening ear.

Through an innovative partnership between the Children's Council, AppHealthCare, Blue Ridge Pediatrics, Harmony Center for Women, and Watauga Medical Center, this program is offered for all families in Watauga, Ashe, and Avery counties - free of charge.

It takes a village to raise a healthy child, and we are so lucky to be part of your journey!

What Can I Expect?

During your visit, the nurse will...

- Address any questions or concerns you have.
- Offer emotional support and encouragement.
- Assess your overall health. We will share this information with your health care provider as needed.
- Check your baby's health and provide a comprehensive physical evaluation. We will share this information with your baby's health care provider.
- Provide breastfeeding support.
- Screen for postpartum depression.
- Provide information on family planning.
- Offer tips on managing infant crying and bonding with your baby.
- Review safe sleep, early literacy, developmental milestones and other important information that will help you and your child.
- Help identify back-to-work support and home connections.

If needed, the nurse will also...

- Initiate referrals.
- Schedule a follow-up visit.

CONTACT US!

CALL  OR TEXT 

(828) 795-1917

tasha.fuller@apphealth.com
familyconnects.apphealthcare.com

Research shows that when families say 'yes' to Family Connects, mothers feel less anxious, they learn about quality child care options, and their babies need less emergency care at hospitals.

That is good for babies, families, and the whole community.

