



## What is Healthy Families Northern Michigan (HFNM)?

HFNM is a voluntary program that offers guidance, information, and support to help parents be ready for their baby's birth and raise a healthy family.

## Who Can Receive Healthy Families Northern Michigan Support?

Expectant parents and parents of newborns may qualify for free visits.

## How Does Healthy Families Northern Michigan Work?

HFNM home visitors may begin seeing you when you are pregnant and can continue visits until your child is four years of age.



## Why Choose Healthy Families Northern Michigan ?

Your home visitor will help answer questions on how to:

- Care for yourself during pregnancy and after your baby's birth
- Encourage your baby to roll, sit, crawl, talk and play
- Help with temper tantrums, toilet training and other challenging stages
- Plan activities to do with your child
- Set goals for yourself and your family

Your home visitor can help you find out more about:

- WIC
- Medical and Dental care
- Immunizations
- Other local programs such as preschools or housing assistance resources





**HEALTH  
DEPARTMENT**  
of Northwest Michigan

To learn more about Healthy Families Northern Michigan, please contact us:

1-800-432-4121  
nwhealth.org



*Healthy Families Northern Michigan is an affiliate of Healthy Families America*

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# Healthy Families Northern Michigan



*Supporting pregnant women and families with children up to age four.*