

# Healthy Start Program

## New Beginnings . . . Come Join the Fun!

eliminating racism  
empowering women  
**ywca**  
Hawai'i Island



### Healthy Start . . .

we offer families in-home visits right from the start, when a child is expected or born. Supportive home visits focused on strengthening the family and reducing risk factors. Staff partner with parents to address individual needs, set and support goals, builds a home environment around the baby and connects parents with helpful services and information that supports learning, safety, and developmental stimulation. Our services are free, voluntary, and confidential.



**"My baby enjoys the interaction with all the other children at group!" Markus G.**

### Families Receive Social-Emotional Support . . .

assistance in identifying and planning to reach family goals, referrals to community resources such as food, clothing and other services as needed, support in bonding and interacting with your infant/child, information on what to expect related to phases of early childhood development, mentoring in parenting skills and life coping skills and a listening ear when needed.



**"Healthy Start has made my relationship with my children stronger." Cherie K.**

### Nurturing Parenting Curriculum . . .

is designed to involve the entire family. Parents and their children participate in home-based activities that embodies the spirit of nurturing. Hawaii is the land of "Aloha" and parenting can be the ongoing aloha of your life if you look for goodness in children, treat them as you would like to be treated, have fun and enjoy your time together.



### Parent-Child Interaction Groups . . .

Monthly groups encourage parent-child interactions through a variety of explorations - crafts, floor time, games, movement, story time, the list goes on. Come and be an active participant - it's time to socialize, play and have fun!

**Inviting and interactive!**

**Home visits that encourage nurturing of moms, dads and babies!**

**Let your inner child be free!**

**"I get to podagee out with my worker!" Michele C.**

**Groups where parents can socialize and children can learn through play!**



**"Healthy Start = Healthy Families = Healthy Babies"**

**Be a part of our `Ohana contact Tanya at 930-5746 to start your journey to a Healthy Start!**