

# WHAT IS

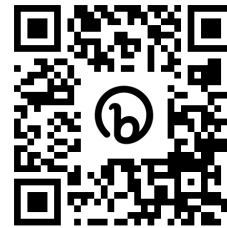
## A HOME VISIT?

Home visits are meetings with a home visitor in your home or at a place and time that is convenient to you. They will provide information about local services and provide materials that can help meet your individual needs. They offer support and encouragement, not judgement. They can also answer your questions about pregnancy and parenting and help you prepare for a new baby.

# WANT MORE INFORMATION?

Fill out this short form and we will contact you with more information about home visiting and how to get started!

Scan the QR code or go to this link to fill out the form!  
[www.bit.ly/NCCHS\\_INFO](http://www.bit.ly/NCCHS_INFO)



# Home Visiting

Nemaha County Community  
Health Services

# KANSAS

## HOME VISITING

Connecting parents to resources in your area to support your questions and concerns.

Kansas offers several voluntary programs at no cost to support first time parents, those who already have children or are expecting, single mothers and fathers, families with low-income, and families experiencing disabilities and developmental delays.

# Contact Us

 785-284-2152

 NCCHS\_KS

 ncchsk

 [www.ncchsk.org](http://www.ncchsk.org)

 1004 Main St., Sabetha, KS  
66534

 402 Main St., Seneca, KS  
66538



# WHAT HAPPENS

## DURING A HOME VISIT?

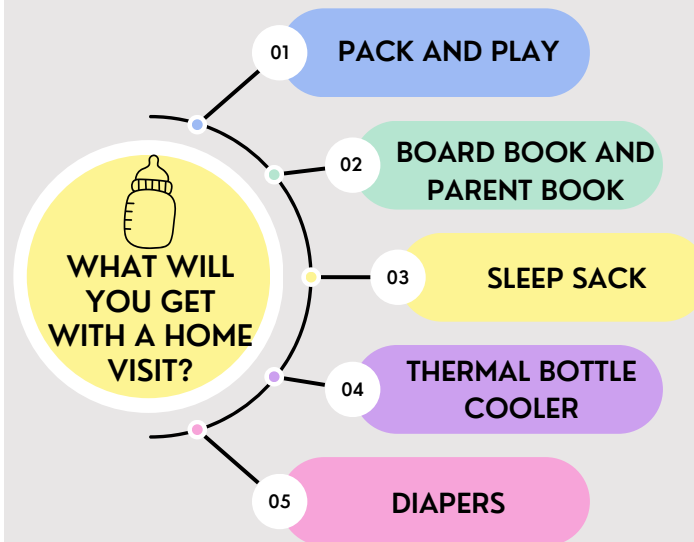
Each visit is unique, but your home visitor will answer any questions you might have and may provide materials about child development, parent-child interaction, safety, discipline, and other topics. They may provide ideas for activities for you and your child that will help build your relationship. Your home visitor will also help you identify your goals for your child and help you find ways to make them happen. They will also weigh your baby, assist with breastfeeding questions, and connect you with resources.



# WHO IS

## ELIGIBLE?

Home visiting is for expectant parents and parents with with babies and young children who want to learn how to improve their child's ability to succeed.



# THE BENEFITS

## OF HOME VISITS

Early experiences shape brain development in the first years of life, forming the foundation on which everything is built. Home visiting in your baby's life can improve her lifelong health, educational and economic outcomes. Home visiting has been shown to increase school readiness, improve maternal and child health, and promote family self-sufficiency.

# WHAT IS THE

## COST OF HOME VISITS?

# \$0

Home visits are free to everyone in Nemaha County!