




CHILDREN DON'T COME WITH A MANUAL.  
HOME VISITORS PROVIDE ASSISTANCE WITH THINGS  
LIKE BREASTFEEDING SUPPORT, FEEDING YOUR PICKY  
EATER, POTTY TRAINING, AND SAFE SLEEP PRACTICES.



WANT PREGNANCY AND PARENTING SUPPORT?  
HOME VISITING IS A FREE, VOLUNTARY PROGRAM THAT  
MATCHES NEW AND EXPECTANT PARENTS WITH CARING  
PROFESSIONALS THAT HELP PARENTS UNDERSTAND  
THEIR BABY'S HEALTHY DEVELOPMENT.  
HOME VISITORS COME TO YOU... WHEN YOU WANT THEM TO!

FUN



FREE



Let's  
Talk ABOUT  
WHAT HOME  
VISITING  
IS

FAMILY  
FOCUSED



SUPPORTIVE  
AND  
FRIENDLY

WELCOMING  
OF ALL  
FAMILIES



Council on Children  
and Families





## Child Development Council

(607) 273-0259



- Takes referrals for teens and young adults who are pregnant and parenting, up to the age of 24. Family Support Services for parents 25+ who are pregnant or parenting children ages 0-5.
- Offers monthly home visits, individualized parenting support, developmental screenings for children, personal goal setting, community resource referrals, children's equipment, child development information and child safety tips.



## Tompkins Community Action / Head Start

(607) 273-8816

- Parents can apply, and referrals are also accepted, for this early childhood education program for families who are pregnant or parenting children ages 0-3, who meet income eligibility requirements.
- Weekly home visits with families include educational and developmental experiences for children, family support, goal setting, developmental screenings, and access to family events and activities.



## Tompkins County Health Department (Moms PLUS+)

(607) 274-6604

- Takes referrals for pregnant and parenting families prenatally through 3 years old. All Tompkins County residents are eligible for this program.
- Offers monthly home visiting with a nurse who conducts weight measurements, blood pressure checks, breastfeeding support, nutrition, infant care information and more.



*Learning by doing... youth becoming adults*

## The Learning Web

(607) 275-0122

- Takes referrals for pregnant and parenting young people aged 16-24, both custodial and non-custodial parents.
- Offers parenting education services, case management, crisis intervention, goal planning, housing search support, transportation support, education/vocation support, advocacy with other service providers, referrals to other services, basic needs support.