

FOCUS

on
Early Childhood
Mental Health

helping children soar



PROJECT
LAUNCH

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Home Visiting: Supporting Parents and Children

A knock on the front door can bring parents the support they need to nurture their young child's development. Home visiting reaches families where they live by delivering parent support and child development services directly to the home environment¹. Working with parents in their homes, home visitors support effective parenting skills and strengthen family functioning, emphasize safety in the home, promote maternal and child health, provide referrals and ensure access to needed services.

Home Visitors Support Families through:

- Teaching parenting skills and modeling effective techniques.
- Promoting early learning in the home, for example focusing on positive interactions between parents and children, and the strategies that promote early language development.
- Providing information and guidance on a wide range of topics including breastfeeding, safe sleep position, injury prevention, and nutrition.
- Conduct screenings and provide referrals when a need is identified in the family.
- Screening children for developmental delays and facilitating early identification and intervention where needed
- Connecting families to other services and resources as appropriate.

What we know about High Quality Home Visiting Programs:

- Can increase children's school readiness
- Can enhance parents' abilities to support their children's overall development.
- Can improve child health and development
- Can improve family economic self-sufficiency

What you can do:

- Find out about the Home Visitation programs in your community and how they support families.
- Share resources related to Home Visiting programs with the families that you support in your role.

Resources

- **Related FOCUS on ECMH factsheets: "Positive Reinforcement"**
- ¹Reaching Parents where they Live: Supporting parents and child development through home visiting. Zero to Three (2012). http://www.zerotothree.org/public-policy/policy-toolkit/homevisiting_mar5.pdf
- PA Promise for Children Resources on Home Visiting: <http://papromiseforchildren.com/choose-a-quality-program/home-visiting/>

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