



# WHAT ARE HOME VISITS

## Voluntary home visiting

matches parents with trained professional home visitors to provide information and support during pregnancy and throughout their child's first five years. Home visits help improve pregnancy outcomes for high-risk women and babies as well as improve children's health and development and strengthen family functioning.

### Home visitors can complement care being provided by:

- Assisting women with keeping health care appointments
- Making referrals to needed health and social services
- Providing information on healthy nutrition
- Encouraging initiation of breastfeeding
- Providing information on child health and development
- Promoting positive parent-child relationships

*\*Information from Early Impact Virginia*

Research and scientific studies demonstrate the effectiveness of home visiting and the positive outcomes it produces in maternal and child health, family functioning and reductions in child maltreatment.

### Benefits of home visiting include:

- Improved parenting skills
- Reduced child behavioral problems
- Improved child intellectual development
- Improved maternal employment and education
- Reduced postpartum/postnatal depression
- Reduced frequency of unintentional injuries among children
- Enhanced quality of social supports to mothers
- Improved rates of breastfeeding

### Home visits are voluntary, free, long-term, community based and data driven. Home visitors:

- Have good teaching skills
- Offer encouragement and hope
- Provide resources to meet family needs
- Are caring and committed to their job