



Give Your Baby a Healthy Start!

Because Babies don't come with an instruction book!

Having a child brings big changes in your life. Healthy Families Four Rivers is available to parents who are pregnant or have given birth within the last three months. This program is voluntary, and it is free! There are no income requirements.

Healthy Families Four Rivers offers:

- The latest information about how babies grow, develop and learn both physically and emotionally
- Ways to bond with your baby
- Information about how to keep your family healthy
- Tips for parents about infant sleep, play, and attachment, and many more
- Information about other community resources, like breastfeeding support and car seat installation
- Home visits for parents and their children

If you are interested in hearing more about the Healthy Families program in your community, please complete the information below. Someone from Healthy Families will contact you soon.

- Yes, I am interested in getting more information about Healthy Families.
 No, I am not interested in Healthy Families at this time. Can you please share with us why?

Your Name: _____ Date of Birth: ____ / ____ / ____
Home Phone: _____ Cell Phone: _____
Address: _____ City: _____ Zip: _____
Email Address: _____
Baby's Name: _____ Baby's Date of Birth: ____ / ____ / ____
Baby's Gender: M F Due Date if Pregnant: ____ / ____ / ____
Are you a tribal member? Yes No If Yes, what tribe? _____

Please mail, email or fax completed form to:

Attn: Farrell Fox

PO Box 591

Condon, Oregon 97823

Email: ffox@ncesd.k12.or.us

Fax: 887-623-7309

or call 541-705-0300 to learn more about Healthy Families services.

Healthy Families Mission: "Healthy Families Oregon, following the Healthy Families America model and the HFA Best Practice Standards, promotes and supports positive parenting and healthy growth and development for all Oregon families expecting or parenting newborns that need and accept extra support."

Referral Source: _____ Date Received: _____ Services: IHV WB packet Refusal UTC
NBQ: Y N Consent: Y N