



**Having A Baby?**

**Learn How  
Healthy Families  
Can Help**



**Healthy Families**  
Washington County™

**Great Childhoods  
Begin at Home.**

# Healthy Families Will:

- » Help families link to community services that will meet their individual needs and interests.
- » Provide convenient home visits conducted by certified Family Support Specialists.
- » Partner with parents in creating positive parenting strategies.
- » Offer support and information on prenatal care, breastfeeding and labor and delivery.
- » Provide information and assistance on common child developmental milestones such as:
  - Toilet Training
  - Discipline
  - Feeding and Nutrition
  - Sleep Routines
  - Speech
  - Hitting and Biting and much more
- » Support families in managing medical appointments for their children.
- » Invite families to parent/child activity groups such as Pumpkin Patch, Pool Group, Annual Holiday Party and many more!

## Washington County Health Department

925 N. Burhans Blvd. | Hagerstown, MD 21742  
240-313-3270 | TTY: 711 for MD Relay | [washcohealth.org](http://washcohealth.org)  
Open Monday- Friday • 8:00 a.m.- 5:00 p.m.



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