Open Your Door to the Home Visiting Program.

Here's everything you need to know.

Delaware has five evidence-based Home Visiting Programs. These programs are the *Attachment and Biobehavioral Catch-Up*, *Early Head Start*, *Healthy Families Delaware*, *Nurse Family Partnership* and *Parents as Teachers*.

In 2025, there were over 14,000 home visits provided statewide, including 2,150 virtual visits.

In 2025, the Home Visiting Program supported over 1,400 households in Delaware.

The Home Visiting Program is free and completely voluntary.

Evidence has shown that accepting the services offered by the Home Visiting Program, administered by a Family Support Specialist, can **help to improve maternal and child health.**

A Family Support Specialist **supports breastfeeding your newborn and can connect you with a lactation consultant.**

A Family Support Specialist can **coach you in doing developmentally appropriate activities with your child.**

A Family Support Specialist, can **teach parents and caregivers learning activities and literacy skills that foster their child's development** and help prepare their child for school.

Recognizing developmental milestones can help parents and caregivers ensure that their child is on track. A Family Support Specialist can **educate parents and caregivers about those milestones and help detect any delays or disabilities.**

A Family Support Specialist can help families locate important resources in their area, such as food, cribs, diapers, and car seats.

A Family Support Specialist can help families determine eligibility and assist them in registering with state agencies to obtain services, such as Supplemental Nutrition Assistance Program (SNAP) and Women, Infants, and Children (WIC) benefits.

A home visit doesn't actually have to occur in the home. A Family Support Specialist can meet families in a place that is more convenient, such as a library, park, or any other place they feel comfortable. **Virtual meetings are also possible!**

A Family Support Specialist can educate parents and caregivers about safe-sleep practices. A total of 3,500 infants die each year from sleep-related deaths in the U.S. A Family Support Specialist can help parents and caregivers create a safe-sleep environment and can also advocate for families in need of a crib.



DE THRIVES

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

By saying yes to the Home Visiting Program, parents and caregivers are saying yes to a healthier, happier, and safer home. The Family Support Specialist can be there to provide support every step of the way!

To learn more or sign up for the program, call 211, text your ZIP code to 898-211, or visit DEThrives.com/HomeVisiting.