



Day One

Concludes when:

- Family chooses to no longer participate.
- Family moves out of the area and/or is transitioned to another appropriate service.
- Family “graduates” by either completing program requirements or the youngest child turns 6 years old.



For more information contact:

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Family Support Specialist

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THE CARLS FOUNDATION



CHILD & FAMILY SERVICES

Healthy Families America Day One Program

Serving Alpena and Alcona Counties



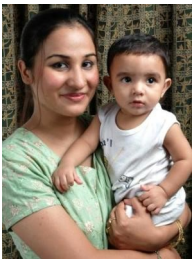
Day One Program

Promotes health & Development for pregnant mothers. Mothers in their third trimester can enroll anytime and/or enroll up to their infant turning three months old.

Promotes health & child development for children ages 0 through age 5.

Provides parenting education & support.

Offers referrals and supports to connect families to community supports.



Alpena/Alcona Counties

- **Day one is a strength based program. This means that instead of focusing on the things that aren't working, the focus is building up on the family's existing strengths to make things better.**
- **We recognize the family as the focal point for your child's well-being.**
- **Day one Serves pregnant mothers and families with children birth through age 5.**
- **The program is confidential and on a completely voluntary basis. Families can enroll in the program at their own request or can be referred by others.**
- **Each enrolled family will receive home visits from an experienced Family Support Specialist that is trained in child health & development and parenting support.**
- **Family goals are tailored to each individual family. One hour home visits will take place 1 to 4 times monthly depending on the family's goals and level of service. We have a team that consist of a Family Resource Specialist and Family Support Specialist.**
- **Home visits consist of discussion and activities related to child's health & development, parenting support and connections with other community resources.**

TIPS



Learning begins at birth.

The brain is 80% developed by the age of one.

From age of 1 to age 3 the brain has developed 10% more.

Read, Read, & Read to your unborn Infant.

Play, Play, & Play with your infant/child. Interaction with parent & family is vital to an Infant/child's growth.

Nursery rhymes, music and movement is so Important. So get started. Laugh, love, kiss, hugs and just enjoy that great bundle of joy that you have given life too.

Outside play and interaction is needed and will help your infant/child sleep so much better.

Many household items can be made into educational toys.

As soon as a child is able, teach them their name, address, & phone number.

Only 1 hour of TV

Only use genuine compliments.