



## What is Home Visitation?

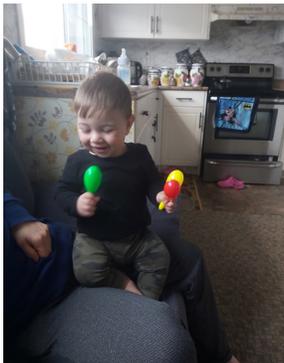
If you are a parent of a child(ren) aged six and under, Norwood's Home Visitation Program provides one-on-one family support right in your own home.

Parenting young children can be hard! You don't always know what to do, especially if you are a first-time parent or don't have your extended family near you to help. A visit from a family support worker (FSW) can help you increase your confidence and skills as a parent and build your knowledge of healthy child development.



## How a family support worker can help

Your FSW also understands that it's hard to be the best parent you can be when there are other pressing issues for your family weighing on your mind. They can work alongside you to help solve problems around basic needs such as food security, clothing, and safe and affordable housing while also supporting your child's ongoing development.



Your family support worker can be a source of encouragement, connections, information, and advocacy.

## Parenting isn't 9 to 5, neither is your FSW

A family support worker will do much more than just *tell* you what to do when you run into a problem, they will come and walk you through it! If you are struggling with bedtime routines, your FSW will come to your home at nap time or bed time; if your child won't eat properly, they will come at lunch or dinner time; if you struggle to keep your house in order with a child to look after, they will come when you need to clean up and share strategies and tips.



Family support workers also consult on safety and injury prevention for young children in the home.

## Your trusted resource

Through building a trusting relationship first with your FSW, you can gain the confidence and skills to explore other community resources and services as well as to reach out for support before reaching a point of crisis.



## How does the Home Visitation process work?

You are the expert in your family's well-being, so you drive the agenda. Your family support worker will help you talk through what you want for your family and home, then use "Steps to Success" cards to help you choose and prioritize goals. For example: is learning about your child's development your priority right away, or do you need to find better housing first? What you choose to focus on is up to you—your FSW is there to help and guide you.



**Home Visitation Services are**  
**100% voluntary**  
**and driven by your goals.**

### What are some common goals?

"I don't have any family in this city. I want to connect with my community and have supports for myself and my family."

"I want my children to listen without me having to yell."

"I want to keep my home clean and safe for my children but I have trouble keeping up."

"I have a child with special needs and I am afraid I don't know how to properly parent them."

"I want to prepare a healthy dinner every night without my children constantly interrupting."

"I want to know what my child should be doing at this age and what to do if they are not."

"My partner and I argue a lot now. It upsets my child and I want my home to be calm."

"Children's Services is involved with my family and I don't know what to do. I need help."

**Get started today!**

Just pick up the phone and give us a call at **780-471-3737**.

