

# what we do

As parents, we all want our kids to have the best. **igrow** provides the tools and info needed to help children succeed in school and in life.



**WIC** (*Women, Infants & Children*)  
Healthy Moms/Healthy Kids/Doula Services



Home Visiting Services in Stephenson County:  
*Healthy Families Illinois, Parent Enrichment Program and Amity Learning Center*



**Parent Cafes** are parent-designed and parent led conversations about topics important to you



**Learning Check-ups** tell you how your child is developing. *...is he/she on target?*



On-line support and reminders

There are 3 easy ways to :  
**get involved**

1. Leave a message at 815-801-4769  
815-801-GROW

2. Go to our website and sign up  
[www.igrowsc.org](http://www.igrowsc.org)

3. Find us on Facebook at  
[igrowstephensoncounty](https://www.facebook.com/igrowstephensoncounty)



Early Start, Bright Future  
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## HOME VISITING AGENCIES

**Stephenson County Health Department**  
HEALTHY FAMILIES ILLINOIS  
DOULA PROGRAM  
PRENATAL SERVICES

**FHN Family Counseling Center**  
PARENT ENRICHMENT PROGRAM

**Amity Learning Center**

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*Stephenson County*



# Home Visiting Programs of Stephenson County

These programs provide services to eligible families through home visits that help parents learn ways to improve their child's learning, development, and success in school.

We offer child development information and activities brought to the home by a trained professional. During these scheduled visits, the home visitor provides the parent with information on child development and answers questions the parents ask. Home visitors can help families connect to resources in the community. Age-appropriate parent/child activities are also provided at each visit. This also includes learning checkups to chart developmental milestones; ideas and activities that promote a child's learning; discussing family goals; and assisting children entering a preschool program at three years of age. Home visitors work with parents to help them understand their child's development and identify strengths and abilities, as well as areas of concern.

If eligible, you may choose from these great home visiting programs:

**Stephenson County Health Department's Healthy Families Illinois Program**  
**FHN Family Counseling Center's Parent Enrichment Program**  
**Amity Learning Center's Home Visiting Program**

## Doula Services

Young parents meet with a Doula (labor coach). Together they discuss issues that concern a pregnant and/or parenting mom and dad, including labor and delivery, breastfeeding, and infant development. The Health Department offers prenatal classes, breastfeeding support groups, infant massage classes, and Happiest Baby on the Block training.

Studies show that children with home visitors are:

- Ready for school and less likely to drop out
- Have lower risk of substance abuse and behavior issues
- Have a lower risk of health problems, abuse or neglect

Being a parent is rewarding and challenging. Home visiting can help parents with this important job.

## Parent Cafes

Want an evening filled with great conversation and new friends?

Parent cafes offer monthly conversations designed and led by parents. Topics may include helping your child be successful in school, single/step-parenting, budgeting, family activities, and much more.

Parents attending cafes also have the opportunity to develop and fine-tune their leadership skills in a variety of ways.

We provide a meal, childcare, and transportation for these events to make them as stress-free as possible for busy parents. We have various sites and times available.

Contact 815-599-8404 for information on dates and locations of these awesome cafes.

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IGROW Stephenson County was designed by the All Our Kids AOK Network. For information about the work of this network please call 815-599-8404.