

### **What is Family Connects?**

Family Connects is an evidence-based model that has been successful with connecting new parents to services within their own communities. During a virtual or home visit, the caregiver and infant will be assessed by a nurse.



### Where can I sign up?

After you give birth, a representative will visit you in your hospital room and talk to you about the program.



# Can I sign up while I am pregnant?

No, we will sign you up after you deliver.



# Do I have to give birth at a specific hospital?

Yes, you have to give birth at Capital Health and live in Mercer county to qualify for the service.



#### How much does it cost?

The service is provided at no cost to the family regardless of income or citizenship.



#### When will the nurse visit me?

The nurse will call and set up a visit 3 weeks after you give birth either virtual or in your home.



### What should I expect from my visit?

The nurse will assess you and your baby to make sure you are doing ok. The nurse will ask you questions about your health and the baby's health and also provide education on child care, health topics, parenting, feeding methods, and a lot more! Referrals can be made to services that can continue to help your family.

## What COVID precautions are in place to keep families safe?



Right now we are offering virtual visits to keep families safe. In the future we will offer in home visits for those who are interested. All of the nurses have been vaccinated.

**Questions? Please contact us!** 

familyconnects@cjfhc.org 732-937-5437 ext. 175