



# NEWBORN HOME VISITING PROGRAM



**Giving your newborn  
a healthier start.**



New York City Department of Health and Mental Hygiene



## Who gets a visit?

Our service is for all mothers – regardless of age or immigration status – who have recently given birth and who live in these neighborhoods:

- North and Central Brooklyn
- South Bronx
- East and Central Harlem

“The most helpful information for me was how to keep my baby safe. The health worker explained about SIDS and also to have my baby sleep in the crib and not my bed.”

- Shaniqua, age 35

“I didn’t know it was okay to ONLY breast-feed my baby, so I was giving formula too. But she let me know that for my baby, my breast milk is enough.”

- Nicole, age 21

## What happens during the visit?

- We bring a gift for your new baby.
- We help you create a safe home for you and your family. We check for dangerous problems like peeling paint that may contain lead, missing or poorly-installed window guards, and missing smoke detectors.
- We provide breastfeeding support. We help you feel comfortable breastfeeding and address any concerns you might have.
- We talk with you about important issues for you and your baby. We discuss feeding and bonding with your child, and safely putting your child to bed. We also offer support if you are struggling with depression or trying to quit smoking.
- We identify local health clinics that can provide care for you and your family.
- We help you solve problems and find the services you need.





## How do I receive a visit?

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We contact you at the hospital or by telephone just after your baby's birth to offer you a home visit. If you have recently given birth and have not heard from us, please call us at 311. Or, you can call the office in your neighborhood.

*"If it wasn't for her, none of these things would happen... [My kids] live in a little better environment now... because my place is lead-free."*

*- Keisha, age 29*



*The Newborn Home Visiting Program supports mothers, their new babies, and their families. A health worker visits you at home to help you create a safe and nurturing home for your family. We talk about any concerns and questions you may have, share information, and help you find services your family might need. The visit lasts about an hour.*





# EWBORN HOME VISITING PROGRAM

For more information, call **311** or the office in your neighborhood:

- North or Central Brooklyn:  
**646-253-5700**
- South Bronx:  
**718-579-2878**
- East or Central Harlem:  
**212-360-5942**



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THE NEW YORK CITY DEPARTMENT  
of HEALTH and MENTAL HYGIENE

Michael R. Bloomberg, Mayor  
Thomas R. Frieden, M.D., M.P.H., Commissioner

