

Newborn Home Visiting Program



**Supporting You
and Your New Baby**





The Newborn Home Visiting Program provides support for you and your newborn (0 to 3 months old) the first few weeks after birth. Through the program, a health professional visits you and your baby to help with infant feeding, share health and safety tips, and connect you and your family to additional resources.





Who can sign up?

- First-time parents who reside in Taskforce on Racial Inclusion and Equity (TRIE) neighborhoods
- All families with a baby 0 to 3 months old and who are:
 - NYCHA residents in TRIE neighborhoods
 - Engaged with the Administration for Children's Services (ACS) citywide
 - Residing in a Department of Homeless Services (DHS) shelter citywide

Call **311** to find out if you are eligible, or scan the QR code on the back of this brochure to find a list of TRIE neighborhood ZIP codes.

How much does the program cost?

The program is **free** and voluntary.

Who visits you and your baby?

A health professional from the New York City Department of Health and Mental Hygiene will visit you and your baby where you live. The health professionals are trained breastfeeding counselors who understand the health needs of you and your baby. For additional support, nurses, social workers and breastfeeding specialists are also available, as needed.

What happens during the visit?

The health professionals will:

- Talk with you about how your baby and any other children who live with you are **developing**
- Provide infant feeding support, including **breastfeeding**, and address any concerns you might have
- Show you how to put your baby to **sleep safely**
- Give tips for **bonding** with your baby
- Provide support for your **mental health** and connect you to additional resources
- Help you create a safe home environment by checking for hazards — such as missing smoke detectors or window guards and peeling paint that might contain lead — and help you report them (for example, to your landlord or by calling **311**)
- Connect you with **other services**, such as health insurance and medical care

How do I sign up?

If you recently gave birth and did not hear from anyone in the program, call **311** or the Newborn Home Visiting Program office in your neighborhood to find out if you qualify. For a list of program office phone numbers, see the back of this brochure.





"The health worker explained crib safety and the dangers of sleeping in the same bed with my baby."

Donna, 26

"I was worried that my older child might not be developing like he should. The [health worker] who visited us connected me with the Early Intervention Program to see if my son needed some help."

Angelina, 24

"I didn't know it was OK to only breastfeed, so I was giving my baby formula too. [The health worker] told me breast milk is enough."

Nicole, 21





Newborn Home Visiting Program Offices

For New Yorkers in all boroughs,
call **718-637-5235**.

For New Yorkers residing in a
Department of Homeless Services
shelter in any borough,
call **718-466-7013**.



For more information, visit
nyc.gov/health and search for
newborn home visiting program,
or scan the QR code above.

You have a right to NYC services in your
preferred language. When you call **311**
or a program office, ask for interpretation
services for your newborn home visit.