

Tips for Parents

Prenatal - Infants (0-1 year of age)

- 01** If you are pregnant or plan on becoming pregnant, take a multivitamin with 400 micrograms of folic acid every day as a part of healthy eating and to help prevent birth defects of the brain and spine.
- 02** The early years of a child's life are important for health and development. Parents, health professionals, educators and others can work together as partners to help children reach their full potential.
- 03** Always place babies on their backs to sleep or nap. Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet. Keep soft objects, such as pillows and loose bedding out of your baby's sleep area. Have the baby share your room, not your bed.
- 04** Talk to your baby. He/she will find your voice calming. Answer when your baby makes sounds by repeating the sounds and adding words. This will help him/her learn to use language.
- 05** Read to your baby. This will help him/her develop and understand language and sounds.
- 06** Praise your baby and give him/her lots of loving attention.
- 07** Do not shake your baby ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his/her brain or even cause his/her death.
- 08** Place your baby in a rear-facing car seat in the back seat while he/she is riding in a car.
- 09** Breast milk meets all your baby's needs for about the first 6 months of life. Between 6 and 12 months of age, your baby will learn about new tastes and textures with healthy solid food. Breast milk should still be an important source of nutrition.



Today Tomorrow Future

Welcome to

**YOUR
'OHANA**

Enrollment is **FREE**.
Learn and grow in your own home.

Visit YourOhana.org



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Content Source for Tips Section: www.cdc.gov



Enrolled at 2 Months

Caring for Your Family

"Your 'Ohana" supports you and your family with health and child development. Learn how to guide your family's well-being and provide better opportunities for your children through regular, planned visits.

Benefits to enrolling in Your 'Ohana programs

- Family-focused visits
- Health guidance for mother and child
- Developmental screenings
- Prepare your child for school
- Referrals for community resources
- Support and guidance for parents
- Assistance with financial planning
- Build a healthy relationship with your baby



Enrolled at 1 Month



Enrolled at 2 Months

Types of Programs (Weekly Visits)

Prenatal, Infants and Toddlers

Healthy Families America (HFA)

The goals of Healthy Families America (HFA) include promoting childhood health and well-being, improving parent-child interactions and children's social-emotional well-being, and building children's school readiness.

Parents as Teachers (PAT)

The goals of Parents as Teachers (PAT) are to provide parents with child development knowledge and parenting support, provide early detection of developmental delays and health issues, and increase children's school readiness.



Enrolled at 1 Month

Preschool Youngsters

Home Instruction for Parents of Preschool Youngsters (HIPPPY)

The goal of Home Instruction for Parents of Preschool Youngsters (HIPPPY) is for parents to become their children's first teacher by giving them the tools, skills, and confidence they need to work with their children in the home. This program focuses on parent-involved early learning with services offered directly to parents so children achieve success in school.

 **Enroll Today**
YourOhana.org

Take the First Step

Call a Your 'Ohana Enrollment Provider listed below to determine eligibility for our FREE programs.

Hawai'i

East Hawai'i

YWCA of Hawai'i
Island (808) 930-5727

West Hawai'i

Keiki O Ka 'Āina
(808) 244-4144



Maui

Wailuku/Lāhainā

Keiki O Ka 'Āina
(808) 244-4144



Lāna'i

Maui Family Support Services
(808) 242-0900



Moloka'i

Institute for Native Pacific Education and Culture
(808) 560-0335



O'ahu

Downtown-Kalihi

Wai'anae & Wahiawā

Catholic Charities Hawai'i
(808) 527-4690 or
(808) 527-4681



Kaua'i

Kōloa

Keiki O Ka 'Āina
(808) 244-4144

