



NEWBORN
Home
Visiting
PROGRAM

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

SUPPORTING YOU AND YOUR NEW BABY

The **Newborn Home Visiting Program** supports you and your newborn the first few weeks after birth. Through the program, a public health professional visits you and your baby to help with breastfeeding, give you important health and safety tips and help you connect to community resources that your family may need.



WHO CAN SIGN UP?

Any woman – regardless of immigration status – who delivers her baby in certain hospitals in the city can sign up, and others, too, may be eligible. Call 311 to find out if you are eligible.

HOW MUCH DOES THE PROGRAM COST?

The program is **free**.

WHO VISITS YOU AND YOUR BABY?

A public health professional from the New York City Health Department will visit you and your baby where you live. Program staff are breastfeeding counselors and understand your health needs and your baby's health needs.



WHAT HAPPENS DURING THE VISIT?

A lot! Program staff will:

- Talk about how your baby and any other children who live with you are **developing**.
- Provide support if you are **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.





- Support you if you are **feeling depressed** or trying to **reach a goal**, like quitting smoking.
- Help you create a **safe environment** by checking for problems like missing smoke detectors, missing window guards and peeling paint that might contain lead.
- Connect you with **other services**, such as health insurance and medical care.

HOW DO I SIGN UP?

If you gave birth in a hospital where the program operates, program staff will contact you about setting up a visit.

If you recently gave birth and didn't hear from anyone in the program, call 311 or the Newborn Home Visiting Program office in your neighborhood to find out if you qualify.





“The health worker explained crib safety and the dangers of sleeping in the same bed with my baby. Now I can do a better job as a mother to keep her safe.”

Donna, 26

“I was worried that my older child might not be developing like he should. The staff member 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 okay to **ONLY** breastfeed, so I was giving my baby formula, too. She told me breast milk is enough.”

Nicole, 21



NEWBORN
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OFFICES

South Bronx

718-579-2878

North and Central Brooklyn

718-637-5235

East and Central Harlem

646-672-2894

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Health