

What is Healthy Families?

Healthy Families is a nationally recognized, personalized, one-on-one program dedicated to supporting expectant and new parents. Our caring Family Support Specialists work alongside you—partnering with your family to provide guidance, encouragement, and support through regular home visits, designed to meet you where you are.

What does Healthy Families offer?

- Learn how babies grow & develop
 - Support for planning goals
 - Prenatal and Parenting Support
 - Checkups on baby milestones
 - Connections to resources
 - Ongoing support for as long as the family wants to participate, up to 3 years
- Healthy Families is...**
- for families who are expecting or have an infant under three months of age.
 - completely voluntary.
 - personalized to each family and situation to ensure families feel safe and secure through the process.
 - free! No cost to the family!

Parenting is a deeply rewarding experience, though it often comes with challenges. To support you in providing the best opportunities for your child's growth, learning, and success, we encourage you to take a look at our program.

If you are expecting a baby or have a newborn at home, now is an excellent time to sign up for programs that can assist you during this crucial stage of development.

Contact Us:

Red Willow County

404 west 10th Street
McCook, NE 69001

 308-345-4223

Keith County

10 N Spruce St, Suite B
Ogallala, NE 69153

 308-284-2137

scan code for
quick referral
link



 Southwest Nebraska
Public Health Department

 Healthy Families
America® — AFFILIATE —

Pregnancy can feel overwhelming at times, especially for first time parents.



We partner with expecting parents during this special time, ensuring you feel supported, confident, and prepared when your baby arrives.



*"I would tell any parent thinking about Healthy Families to try it. Home visiting changed our lives forever."
- Erika, HFA parent*



*"In those first few visits, Dawn (our family specialist) helped us think about what our wishes were for Kaylynn and we were able to think about the values that are important to us as a family. She provided us with a lot of support and encouragement. We didn't really have a lot of that, so to have someone offer us that support and be our cheerleader for the last three years has been a really amazing experience."
- Sarah, HFA Parent*

Healthy Families support specialists believe YOU ARE THE EXPERT on your family.
We are here to walk beside you with SUPPORT, ENCOURAGEMENT, KNOWLEDGE and TOOLS during those precious first months, so you can build a strong foundation for yourself and your child as your journey together begins!



We guide you and your family in setting goals that nurture your baby's future while honoring your own dreams as well, helping you build confidence, strengthen your family, and create a positive path forward together.

*"Parenting does not come with a manual... you don't always know what to do. You don't always know the questions to ask. You don't know if other people are going through it. So, Healthy Families brings you that comfort in knowing we are all going through this."
- HFA Parents*



*"It's not only somebody I can talk to and confide in, but somebody who helps me be a better mom."
- HFA mom*