



“First Years for Families” Home Visitation

- Child Development & Well Being
- Strengthen Caregiver Capacity
- Build Social Connections & Supports

“First Years for Families” (FYFF) is a family capacity building Home Visitation program. The Early Intervention and Prevention nature of the program supports expectant parents and those with newborns and young children in the context of their family and environment. The program is a targeted service for families facing challenges that may place their child(ren) at risk.

FYFF supports families to improve their parenting skills and provide a safe, stimulating and nurturing environment for their children by strengthening protective factors and reduce the impact of risk factors.

The overall goal is to give their children a healthy start during these critical years to increase the opportunities for reaching their full potential. Supports can be available to the family until the child reaches 6 years.

Supports are voluntary with weekly visits in the family’s home. FYFF supports families to improve their parenting skills to provide a safe, stimulating and nurturing environment for their children. Family Support Workers connect caregivers with other community resources as well counselling supports if needed.

FYFF has a partnership with Insight Counselling & Therapy Centre to provide counselling to assist families in addressing issues impacting their family and supporting their goals with FYFF. The counsellors providing these supports are Interns under clinical supervision. Cost is based on a sliding scale, but if a family cannot afford to pay, the costs are waived.

First Years for Families uses the following frameworks and models to guide their work in building parenting capacity.

- **Core Stories** – FSW’s integrate Brain Architecture information into the visits with families. The use of on-line and practical resources help caregivers engage in “Serve and Return” interactions that will shape their child’s developing brain.
- **Ages & Stages (ASQ)** – Caregivers participate in completing ASQs to broaden their understanding of developmental milestones and gauge their child’s progress. Learning Activities and “Hand In Hand Development Support Plans” are provided to promote child development.
- **Nurturing Parenting**: The Nurturing Parenting Programs target all families at risk for abuse and neglect with children birth to 18 years. The programs feature activities to foster positive parenting skills with nurturing behaviors, promote healthy physical and emotional development, and teach appropriate role and developmental expectations.
- **Great Kids Inc.** is an evidenced based Home Visitation model used to guide the intervention with families in a planned and purposeful manner. This model supports parents to form secure attachment relationships, be involved in their child’s development, strengthen the foundations of their family and solve their problems.
- **Smarter Parenting** (Teaching-Family Model) FSWs work with parents to teach positive discipline strategies with children 2-6 years. This is an online resource as well that parents can access post intervention as their children grow up to age 18.

Referrals- Self referral; supported referral from High River and Area FRN; Public Health; Community Networks, schools, day cares and other community agencies/professionals.

- Youngest child needs to be under the age of 3 to start services.
- Supports can remain in place until the child turns 6 years.

Communities served: High River Area -Foothills County (Cayley, Nanton, Turner Valley, Black Diamond, Blackie, Longview) Claresholm, Stavely, Vulcan County.

- *Referrals can be made by calling the office, coming into the office, email or making a request for contact through the website.*

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