

You'll teach me that it's OK to  
**ASK QUESTIONS**



**Family Connects Illinois**  
is available to Stephenson  
County families who deliver at  
FHN Memorial Hospital or  
Monroe Clinic SSM.



SCAN ME

check out our video!



Learn more by phone or online:

815-235-8274

<https://familyconnectsil.org>

Stephenson County Health Department  
10 W. Linden Street  
Freeport, IL 61032  
<https://www.stephensonhealth.com/>

I want you to **take your own advice.** Find out what Family Connects Illinois has to offer.



Illinois' **NEWBORN**

**HOME VISITING\TELEHEALTH PROGRAM**

Growing Healthy Babies





# CONGRATULATIONS on your NEW BABY!

**AS A STEPHENSON COUNTY FAMILY** who delivers their baby at FHN Memorial Hospital or Monroe Clinic SSM, you are eligible for a free nurse telehealth visit courtesy of Family Connects Illinois within 3 weeks of the birth of your baby.

Family Connects Illinois supports parents like you by bringing health providers, community resources and families together. Our mission is to connect you with resources that nurture your whole family and support your child's growth.

It's about planting seeds for the future. Together, we're growing healthy babies and making a more prosperous Illinois.

Since I don't come with  
an instruction manual,

Family Connects Illinois fills in the gaps.



## What can Family Connects Illinois do for you?

Having a new baby affects many areas of a family's life. Family Connects Illinois nurses are trained to answer all kinds of questions and are knowledgeable about the wealth of resources in our community. Here are a few examples of how a Family Connects Illinois nurse can address your family's needs through their telehealth visit:

### Address baby weight concerns

Discuss mom's health

Breast or bottle feeding help

Postpartum depression screening

Back-to-work support

Understanding of new family dynamics

Understanding of childcare options

Help with bathing, diapering & swaddling

### Safe Sleep information

Financial resources

Management of infant crying

Playgroups & parent support groups

Family planning advice

Early literacy information

Scheduling appointments

Healthy home connections

### WHAT YOU CAN EXPECT



#### THREE WEEKS

Visits are scheduled around 3 weeks after your baby's birth



#### NO COST TO RECIPIENTS

As an eligible recipient, you will not be charged.



#### REGISTERED NURSE

All visits are made by highly-trained nurses



#### FOR ALL

Helping all families, regardless of income or background



## Family Connects Illinois is a **COMMUNITY-WIDE** effort.

Research shows that when families use the Family Connects program, mothers feel less anxious, they learn about quality childcare options available to them, and their babies need less emergency care at hospitals. This all adds up to an enormous, positive impact on the community.

### Growing a healthy Illinois



When implemented in other counties, every dollar invested in the Family Connects program saved \$3.02 in emergency health costs for the community.



### Our Community Partners



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