

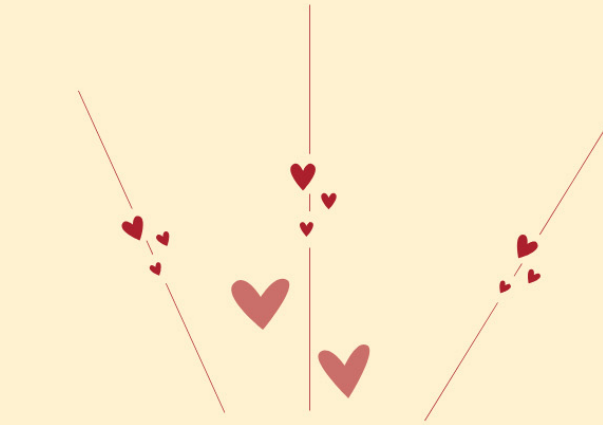
# Every family is different, and every family deserves the best.

The Family Bridge program is here to support every family with whatever they might need in the first weeks and months with a baby—from health checks, to feeding support, to getting access to newborn essentials, and much more.

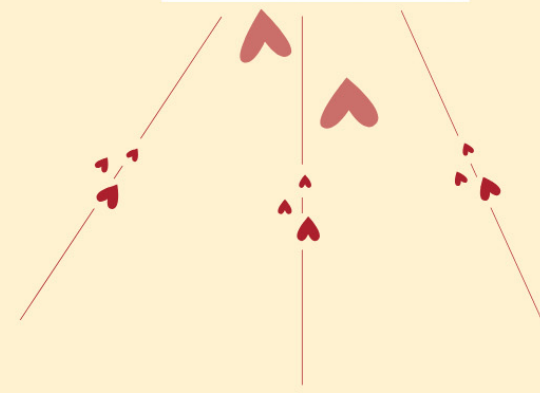
**“Everything is new when you bring a baby home. Feeding, sleeping, changing. Having a nurse at your house to help you learn about these things was great for both of us.”**

*Travion*

**Travion C,  
new dad**



**For more information about  
Family Bridge go to:  
[tvcca.org/family-bridge](http://tvcca.org/family-bridge)  
or email us at  
[familybridge.easternct@tvcca.org](mailto:familybridge.easternct@tvcca.org)**



**Thames Valley Council for  
Community Action, Inc.**

# When your baby comes, you can count on us

Get a free, in-home nurse visit for you and your newborn with TVCCA's Family Bridge program.



**Every family deserves a little extra care and attention when they bring a new baby home.**

## **That's What We're Here For**

Family Bridge Eastern CT is available in many communities served by Backus Hospital. We want to make life a little easier for parents with newborns—so we come to you, **at no cost**, to make sure you have everything you need to care for yourself, your baby, and your whole family.



## **Here's how it works:**



### **We get in touch to schedule your visit**

You do not have to do anything in advance to schedule your visit – a Family Bridge team member will come see you during your hospital stay or call you after you get home to see if you would like an in-home visit, and find the best time for you and your family.



### **A nurse comes to your home**

A nurse will come to your home to check on the baby, birthing parent, and the whole family. Prefer to have your visit outside of your home? You can do that too— your nurse will come wherever is best for you.



### **You get support with whatever you need**

Your visit is a safe space for you to get the care and support you need. Your nurse is there to provide care, answer your questions, and connect you to community resources that will ensure you and your family have everything you need to be happy and healthy.

Babies come with a lot of questions, a Family Bridge team can help answer them.

### **Here are some of the things your nurse can help you with:**



#### **Help for baby**

- Baby weight check
- Safe sleep information
- Infant feeding and hunger cues
- Help with bathing, diapering and swaddling



#### **Help for birthing parent**

- Health check for birthing parent
- Feeding support
- Family planning advice
- Postpartum depression screening



#### **Help for family**

- Scheduling doctor's appointments
- Understanding childcare options
- Early literacy information
- Community resources and connections

