

In-home support for your health today; follow-up care when your baby is discharged

Having a baby in the NICU can be a difficult and stressful time for you and your family. Lots of trips back and forth to the hospital to be with your little one, and lots of preparations for when your baby is finally able to come home.

While your baby is getting the care that they need in the NICU, Family Connects NJ is here to take care of you in the comfort of your own home with a free nurse visit!

Our nurse home visits are designed with families like yours in mind to help you feel supported, healthy, and cared for.

We can address the questions and health concerns you have now, and when the time is right, we can come back and visit with you and your baby.

Family Connects NJ is completely free and available to all postpartum families in New Jersey. You can learn more and sign up for a visit at FamilyConnectsNJ.org.

We're here to listen and support you and your family as you anxiously await your baby's discharge from the NICU.



We offer:

- ✓ Free at home visits by a specially trained registered nurse
- ✓ A postpartum health check-up to focus on the birthing parent's physical and emotional recovery
- ✓ Support with breastfeeding and newborn care as you prepare to bring your baby home
- ✓ Anticipatory guidance on important health topics
- ✓ A follow-up home visit once baby is discharged from the NICU



Learn more and sign up at FamilyConnectsNJ.org, or by scanning the QR code.