

# Connect<sup>+</sup>

Families <sup>+</sup> Resources

Being a parent can be hard. Sometimes it's tough to find the help you need. Connect is here to make it easier. It's one place where you can find many kinds of support.



## Connect to Services

### Prenatal:

- Pregnancy classes and support
- Childbirth classes
- Ways to handle stress
- Helpful home visits
- Support from doulas

### Newborn care:

- How to care for your baby
- Breastfeeding help
- Healthy eating tips
- Car seat safety
- Keeping your baby safe
- Home visits
- Learning about child growth
- Support for new parents

### Parenting:

- Parenting classes and support
- Counseling
- Help to quit smoking
- Family planning tips
- Other community resources



Visit [flhomevisiting.com](https://flhomevisiting.com) to learn more.

