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Family Resource Center at the
 YRMC Del E. Webb Outpatient Center
 3262 Windsong Drive
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DignityHealth.org/YRMC



Family Resource Center

Building strong family foundations for a lifetime.



Parents Talk . . .

“When I first had my baby, I thought I was going to be alone. But, when this program was offered, I knew I had somebody there to help me . . . mostly to help me be a good mom.”

“I’ve changed a lot. I learned to take care of myself and respect myself for who I am. I learned I have the power to change. No one else has that power.”

“I am so grateful for the support and education. I was brought up in a neglectful home, leaving me with very little knowledge of how to care for a baby. Now, all my girlfriends who have children call me for advice and support.”

“I had no idea ... how helpful and caring the Healthy Families program would be to me and my entire family. The emotional support has been — and continues to be — so very important in my family’s life.”

OUR MISSION

The Family Resource Center empowers families with the knowledge and resources to develop strong parent-child relationships, promote early child development and to support parents to give children the best start in life. Our programs include the voluntary, grant and donation funded services of First Steps, Healthy Families and the Car Seat Safety program that are provided at no cost to families, regardless of income or insurance.

For more information call (928) 771-5651 or visit DignityHealth.org/YRMC.



Programs funded by: Governor’s Office of Highway Safety, Dignity Health, Yavapai Regional Medical Center, and other community and private contributors.



Because we care

Raising a child in today's environment can be a complicated and presents a wide array of challenges. Since 1989 the Family Resource Center at Dignity Health, Yavapai Regional Medical Center (YRMC) has helped new parents with the often-complex task of raising happy, healthy children.

The Family Resource Center empowers parents with the support, knowledge, tools and resources needed to build strong parent-child relationships and promote early child development to give your child the best possible start.

The Family Resource Center offers three voluntary programs at absolutely no cost to you: **First Steps**, **Healthy Families** and the **Car Seat Safety Program**.

First Steps

Serving all births in YRMC's Family Birthing Center every day of the year

The First Steps program brings comfort and understanding to the parenting experience by helping parents and families adjust to their new relationship. Trained volunteers and staff visit every new child born at YRMC's Family Birthing Center to provide support, a wealth of parenting and early child development information, and referrals to services to support families during the early months of parenting. The First Steps program includes:

- One week and three month follow-up phone calls after discharge to check-in on families (including safe sleep/SIDS prevention and postpartum depression), offering resources as needed or requested.
- Parenting materials relating to a wide variety of topics, including postpartum care, infant brain development, coping with a crying infant, sudden infant death syndrome (SIDS), never shake a baby information, attachment and bonding, and car seat safety.
- Linkage to community resources.

Healthy Families

Enrollment is open prenatally or within 90 days after birth

The Healthy Families program is designed to empower parents to provide the best childhood experience possible. This free, nationally accredited, trauma-informed program is based on over 25 years of

research and evidence-based practice about early child development and healthy family enrichment.

The program provides weekly and biweekly home visits with customized support and parenting education for new families by highly-trained, non-judgmental Family Support specialists. This service begins with an intake assessment with the parent(s) to customize the program to identify and build upon strengths and to assist parents with questions, challenges and stress management. The Healthy Families program includes:

- Families can enroll prenatally or within 90 days after birth.
- Families must live in the greater Quad City area to include Prescott, Prescott Valley, Chino Valley, Paulden and Mayer.
- Regular home visits can begin prenatally and continue for up to five years.
- Regular screenings to monitor developmental milestones, postpartum depression and any stressors affecting the health of the family.
- Coordination with other providers (e.g.: pediatrician, mental health, WIC, etc.) as needed and/or requested to provide the best care possible for child and family.
- Family support and social group activation.
- Individualized parenting education, covering topics such as stress management, self-care, developmental milestones and child discipline.

Car Seat Safety Program

Everyone is eligible

In 2020, 98% of the children we saw arrived in unsafe conditions due to improper use of car seats. The Car Seat Safety Program, made possible through a grant from the Arizona Governor's Office of Highway Safety, provides a one-time presentation and safety check on how to safely install and secure a child into a car or booster seat. If the caregiver does not have a seat, or the seat is expired, damaged or not appropriate for the child, seats can be provided at no cost.

This program is provided by appointment only and is performed at Dignity Health, Yavapai Regional Medical Center's Del E. Webb Outpatient Center in Prescott Valley.



To schedule an appointment, please call (928) 771-5651.

The presentations, installations, education and safety checks are administered by trained, nationally certified child passenger safety technicians to ensure that all safety aspects are known and addressed.

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