

Community Resource

Name of Organization: First Born: A Home Visiting Program for New Families and Their Newborns

Address: See Brochure

Phone Numbers: T: See Brochure

Website/Email: www.firstbornprogram.org

www.lamlfoundation.org/first-born

Contact Person:

Purpose of Organization: To provide mothers, fathers, and primary care providers with education and support to encourage normal growth and development of happy, healthy babies in positive, nurturing families.

Services Offered: Teach families about: Physical and emotional changes during pregnancy, Expectations of Childbirth, encouraging infant growth and Development, Nurturing Positive Relationships, Breastfeeding, Creating Safe and Stimulating Environments, Selecting books and toys that teach, Discovering Community Resources, Working Towards Solutions for Family Challenges, Opportunities for Continuing Education and On-Going Learning.

Eligibility (If Applicable): Services are free and are offered to all women pregnant for the first time and first-time families. Services can begin at any time in the pregnancy and may continue until the child is 3, or the family no longer requests program services.



building strong family relationships

▷ What Happens During a First Born Home Visit?

The First Born Program encourages first-time parents to build strong family relationships by learning as much as possible about the growth and development of their child. The process begins with an in-home introductory meeting with a caring, respectful, trained professional. A family's right to confidentiality is respected and maintained throughout program participation.

The home visitor gets to know the family by listening to the hopes and dreams they have for their child. An individualized service plan is created with tailored information to meet the needs and interests of each family. Home visit appointments are scheduled on a weekly basis or at other intervals convenient to the family. Each family is given educational materials, a core curriculum, and access to the program's book, toy, and video library. The home visitor may offer guidance, answer questions, suggest an activity, recommend further reading, and make referrals for additional services. The child receives a developmental assessment every three months to make sure the infant's growth and development are on track.



Grant County First Born:
575-388-9708

First Born of Northern New Mexico,
Guadalupe, Mora & San Miguel Counties: 505-454-1343

First Born of Los Alamos County:
505-661-4810

Northwest New Mexico First Born,
McKinley County: 505-863-8850
San Juan County: 505-325-9187
Zuni: 505-782-2325

Hidalgo County First Born:
575-542-2341

Socorro County First Born and More:
575-835-8791

CHI St. Joseph's Children,
Bernalillo, Sandoval & Valencia Counties: 505-924-8000

Rio Arriba County First Born:
505-747-2050

United Way of Santa Fe County First Born:
505-216-2984

HOPE First Born Sunland Park, Santa Teresa,
Doña Ana County: 575-649-3756

Vicki Johnson, First Born Program Founder:
575-538-8504

Anna Marie Garcia, LANL Foundation,
First Born Program Officer: 505-753-8890 ext. 126

www.firstbornprogram.org
www.lanlfoundation.org/first-born



**LANL
FOUNDATION**
*Investing in Learning
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A Home Visiting Program
for New Families and Their Newborns.



encouraging happy, healthy babies



The First Born® Program (FBP) provides mothers, fathers, and primary care providers with education and support to encourage normal growth and development of happy, healthy babies in positive, nurturing families. FBP builds family and community relationships by supporting the idea that a healthy pregnancy and childhood are not only critical to the immediate well-being of the child but are also basic to building a resilient family and healthy community.

▷ Service Eligibility

FBP is a unique home visiting program designed to meet the needs of New Mexican families. All services are free and offered to all women pregnant for the first time and first-time families within the program service areas. Services may begin at any time during pregnancy or at the birth of the baby and may continue until the child is three years of age (36 months), or until the family no longer requests program services.



in positive, nurturing families



▷ Services Provided

Home visits are designed to increase knowledge, skills, and insights into the parenting process while guiding families through the child's first three years. In addition, a nurse postpartum home visit is offered to all first-time families who deliver or adopt babies.

Families learn about:

- 1 Physical and emotional changes during pregnancy
- 2 Expectations of childbirth
- 3 Encouraging infant growth and development
- 4 Nurturing positive relationships
- 5 Breastfeeding
- 6 Creating safe and stimulating environments
- 7 Selecting toys and books that teach
- 8 Discovering community resources
- 9 Working toward solutions for family challenges
- 10 Opportunities for continuing education and on-going learning

▷ Program Outcomes

Positive program outcomes include an increase in the number of pregnant women who receive consistent prenatal care and participate in childbirth classes. Higher immunization rates and well baby checks with a medical provider have been reported. Children who achieve optimal social, emotional, and cognitive development in a safe and nurturing environment demonstrate increased learning readiness. Parents experience pleasure in parenting and have positive interactions with their child. Continuing education and on-going learning are supported, fewer unintended subsequent pregnancies occur, and families are supported as they find solutions to personal challenges. Families will discover the many valuable resources available to them in their community.

