



Give Your Baby a Healthy Start!

Because Babies don't come with an instruction book!

Having a child brings big changes in your life. Healthy Families Multnomah County is available to parents who are pregnant or have given birth within the last three months. (Must enroll prior to the baby's three month birthday) This program is voluntary, and it is free! There are no income requirements.

Healthy Families Multnomah County offers :

- New information about how babies' brains and bodies grow
- Ways to bond with your baby
- Support for family health and safety
- Tips for parents about infant sleep, play, and attachment, and many more
- Help connecting to many resources: breastfeeding, jobs or recovery support, car seats and childcare
- Home visits or televisits designed just for you

If you want to hear more about the Healthy Families program in your community, please complete the information below . Someone from Healthy Families will call you soon!

Client Name: _____	Date of Birth ___/___/___
Client Race/Ethnicity (optional) _____ Language(s) _____	
Cell phone: _____	Text Y/N Other phone: _____
Msg. Y/N	
Address: _____	City: _____
Zip _____	
Email Address: _____	
Baby's Name: _____	Baby's Sex: M / F
Baby's Date of Birth ___/___/___	OR Due Date if Pregnant ___/___/___
Referred by (name/contact information): _____	
<i>A Release Of Information (ROI) form is required in order to obtain any information about the status or outcome of the referral. When submitting referral please attach ROI.</i>	

Send referrals to our Central Intake Desk in ANY of the following ways:

1. **FAX:** #503-988-3362 (these forward automatically to the email below)
2. **EMAIL:** ecs.referrals@multco.us
3. **PHONE:** Central Referral Desk: 503-988-3520 (Call with questions)

Healthy Families Oregon mission: "To promote and support positive parenting and healthy growth and development for all Oregon families expecting or parenting newborns that need and accept extra support."