

Home visitation can reduce language delays, improve cognitive development and raise math and reading scores.

Source: www.pewstates.org/homevisiting

Eligibility

Parent Pals participants are moms and dads who are single, married or unmarried and who are pregnant or parenting a young child.

Eligibility for home visiting is determined by the child's age and a screening process. We can also connect families to many other resources in the community if home visitation is not the right fit for them.

Learn more

Parenting is hard, but we've got your back.

Call Parent Pals toll-free at **855.BeMyPal** or visit us at www.bemypal.org.

Parent Pals is funded by the Maternal, Infant and Early Childhood Home Visiting Program (MIECHV).

About LSI

A program of LSI, Parent Pals is an innovative, comprehensive approach to strengthening families through home visitation. To see our local partners, visit www.bemypal.org.

LSI is one of Iowa's largest human services agencies and impacts tens of thousands of Iowans annually through child abuse prevention, services for families and youth in crisis, services for people with disabilities, refugee services, home health care and disaster response. LSI is nationally accredited and serves people of all



Parent Pals



Parenting is hard enough.

What if we could make finding support easy?



Parent Pals

Through a coordinated central intake for many voluntary in-home services, Parent Pals makes it easy for families to find the right support for them.

Available in Clinton, Cerro Gordo, Jefferson, Muscatine and Scott Counties, Parent Pals is free and voluntary for parents who are pregnant or have an infant or young child.

When parents call toll-free to **855.BeMyPal**, we help guide them to local resources that fit their needs.



Your child's *early* years are some of the most *important*.

Home Visiting

Parent Pals focuses on connecting families to home visiting, using nationally accredited models with professional curriculum. Home visitation matches parents with a family support worker who can provide:

- Regular visits at home
- Parenting tips, strategies and information
- Child development information and screenings
- Connections to free community resources
- Connections to parent support groups
- Encouragement and support in reaching your goals for your family
- A listening ear when you have a question or just need to talk

Even more benefits to home visiting

- Programs may be able to help with transportation to medical appointments, so families don't miss important checkups
- Help for parents to track immunizations and wellness checks
- Child development tracking to identify developmental delays early

