Congratulations on bringing your new baby home! We know the first few days and weeks at home with your newborn are such a special time, and it can also be a very challenging time for parents. That’s why we started Family Connects Chicago. We’re here to lend a helping hand with whatever you might need, and to give you and your baby the healthy start you deserve.

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What is Family Connects Chicago?

Family Connects Chicago helps empower you and your family to take control of those all-important first weeks with your new baby. It helps you get the support you need; gain the confidence and guidance you need to help provide for your newborn.

Get the support you need: Gain confidence and guidance to help provide for your newborn.

It also gives you the help from trusted experts, because Family Connects nurses are trained to answer your questions and connect you with the support you need.

Get help from trusted experts: Family Connects nurses are trained to answer your questions and connect you with the support you need.

It helps you expand your support system; gives you access to helpful community services and resources based on your own personal life and needs.

Expand your support system: Access helpful community services and resources based on your own personal life and needs.

And it makes you feel at ease, you enjoy support in the comfort of your own home where you can ask any questions you like.

Feel at ease: Enjoy support in the comfort of your own home, where you can ask any question you like.
Who is it for?

Anyone who lives in Chicago and delivers a baby at participating hospitals can schedule a free Family Connects visit, including foster and adoptive parents. We know that the first few weeks with a new baby are a vulnerable time for every family, no matter where you live, how much money you make, or what your family looks like. That’s why a Family Connects visit is offered to every family at participating hospitals, even if you’re not a first-time parent.

How does it work?

It’s simple: schedule an in-person or virtual visit with a registered nurse around 3 weeks after birth to check on the birthing parent, baby and the entire family. There is no cost for you, and anyone with a newborn can participate, including foster and adoptive parents.

What kind of support will Family Connects Chicago Nurses provide?

Family Connects Chicago nurses provide many kinds of in-home support, guidance and connections to resources—at no cost to you.

We will do an infant check, which includes weight check, safe sleep information, infant feeding and fussiness, bathing, diapering and swaddling.
Help with bathing, diapering and swaddling]

**VOICE OVER:**
As well as help for the birthing parent. We will do a health check, breastfeeding support, family planning advice and post-partum depression screening.

**ART CARD:**
[Help for birthing parent: health check
   - Breastfeeding support
   - Family planning advice
   - Post-partum depression screening]

**VOICE OVER:**
And we even provide help for the whole family, making medical provider appointments, understanding childcare options, early literacy information, as well as community connections.

**ART CARD:**
[Help for family: Making medical appointments
   - Understanding childcare options
   - Early literacy information
   - Community connections]

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**ART CARD:**
[Question: Why is it needed?]

**VOICE OVER:**
We know that getting newborns and their parents the medical and emotional support they need as early as possible is the best way to make sure every family in Chicago is as healthy as they can be. Family Connects is here to make sure every Chicago family can get one-on-one medical attention during one of the most important times of their lives and connect them with resources that will benefit their family. In Chicago, we take pride in taking care of our people. That’s why we come to you, at no cost, to give you the care you need.

Please visit OneChiFam.org/FamilyConnects to learn more.

**CLOSING ART CARD:**
Family Connects Chicago
OneChiFam.org/FamilyConnects