



701-941-2992



healthyfamilies@uspirend.org

*Reach out to us today so you can stop wondering how to create a safe and healthy life for your child and instead begin a new journey that will help your family thrive.*

**WITH YOU ON YOUR JOURNEY**

**USpireND**  
WITH YOU ON YOUR JOURNEY



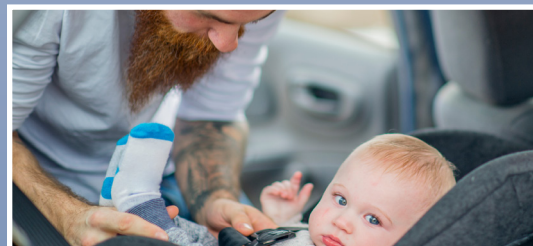
### **BREAST FEEDING SUPPORT**

Learn about the benefits, how get started, and achieve success.



### **CRIBS FOR KIDS**

Helping families create a safe sleep environment for their infants.



### **CAR SEAT SAFETY CHECKS**

Is your child's car seat the right style and size and installed correctly?

# Healthy Families ND



[uspirend.org/healthy-families](https://uspirend.org/healthy-families)

 **Healthy Families**  
North Dakota™



# HEALTHY FAMILIES NORTH DAKOTA



## Pregnancy Wellness



## Attachment & Bonding



## Breast Feeding Support



## Child Development



## Parenting Skills



## Financial Well-being



## Care & Nutrition



## Stress Reduction



## Health & Safety

## ABOUT US

At Healthy Families ND we know you want to be a parent who provides a safe and healthy life for your child. It helps to have someone who will listen to your unique story and support you.

The problem is that when life gets hard, every day feels like a fork in the road moment which makes you feel frustrated or overwhelmed.

We believe that every parenting experience is unique and each family deserves their own plan. This is why we help you create a plan, based on your story to move you forward on your parenting journey.

At Healthy Families ND, we meet you where you are, with visits taking place in your home, virtually or even at a park.

Contact us today to schedule time to connect with one of our staff.



**GREAT CHILDHOODS BEGIN AT HOME**



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North Dakota™

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