

## **For a Healthy and Loving Upbringing**

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### **Educational program of home visiting to Latina mothers with small children**

Pregnant women or with children under 18 months of age living in the Guilford County can participate from home in a program where they learn everything you need to make your family a healthy and positive development.

Family Service of the Piedmont offers a "healthy start", free of charge and available to all families. To sign up, mothers open the door of your home to receive all kinds of information about methods and tips for raising their children, and other types of support according to your needs.

"All this is about the children," explained Shefi Arias, social worker from Healthy Start in Family Service, which currently works with around 18 Hispanic families in these courses. "It is very important to learn new methods to raise your children because you can have much impact on their development. "Certain things can crawl up to adolescence or when they are adults", said Arias.

In weekly visits until the child is 5 years old, Arias covers mothers with a program in Spanish of 50 chapters.

In addition to learning about methods of upbringing, health and safety for the child, try other topics ranging from learning how to cope with family problems, how to keep healthy relationships as a couple, to help to enroll the children in school and other individuals for each family.

The Mexican Areli Juárez Ibarra, 28 years old, has two children who have problems with speech. Three years ago it receives at home Shefi Arias.

"She (Arias) is like my friend, helps me and gives advice," said Juarez. "Has supported me in everything, to learn how to detect depression, the importance of self-esteem, which children are clean and healthy, to manage the money and keep the House clean and tidy".

He also received help Arias when I needed to move and also information to find medical help for their children.

Arias explained that each family's needs may be different. Therefore at the beginning of the program, mothers respond a questionnaire to measure their knowledge and identify areas where they need more support. Based on these results, begin to meet with the social worker once or twice a week and to work together for the sake of the children, as well as the whole family.

- Are you interested in? To begin to participate in the "Healthy start" program in Spanish of Family Service of the Piedmont, please contact Shefi Arias. Phone: 336-847-2878

Requirements: Being pregnant or with a child up to 18 months of age Cost: free -See more at: <http://greensboro.quepasanoticias.com/noticias/ciudad/local/por-una-crianza-sana-y-carinosa#sthash.42qiqdtA.dpu>