

PROVEN RESULTS FOR FAMILIES AND NEWBORNS

Healthier Starts for Babies

50% Fewer emergency room visits and hospital stays in the first year

More Confident Moms

30% Moms less likely to experience postpartum depression or anxiety

Stronger Communities

15% 15% increase in families using local resources and support services

Source: Family Connects National – Evidence and Research familyconnects.org/evidence.

“My nurse was incredibly attentive and caring. She even called me the day before my home visit to ask if there was any specific information I would like to receive, ensuring that my needs were fully addressed.”
Family Connects Parent

“As first-time parents, we had a wonderful experience with our Family Connects nurse. She followed up on our baby's heart murmur, ensured we had all medical appointments scheduled, and completed thorough assessments for both mom and baby. Knowing we were moving out of state, she even helped us find a new pediatrician to ensure a smooth transition.”
Family Connects Parent



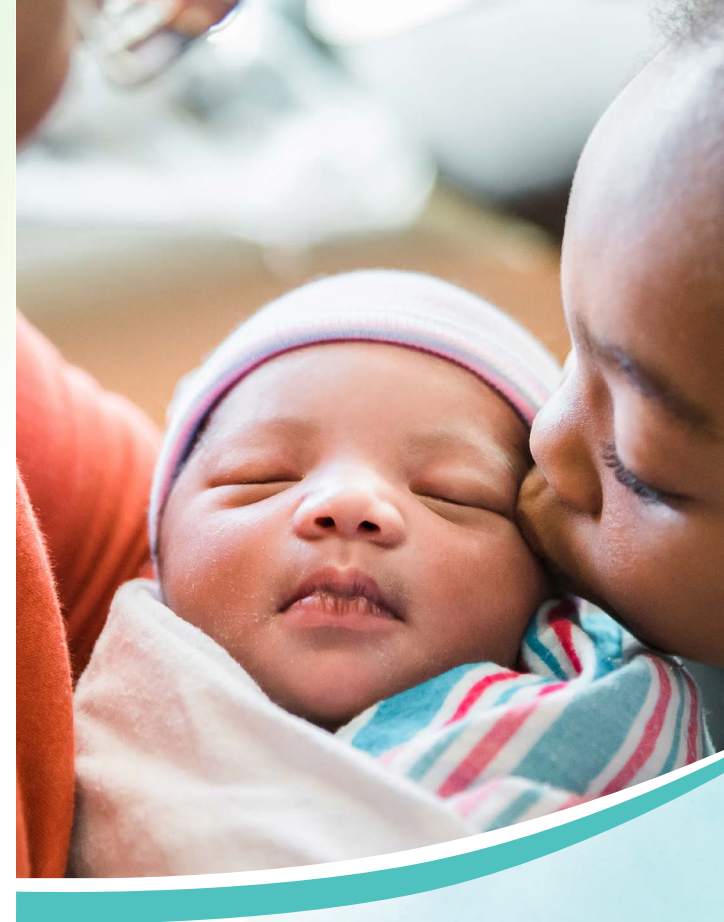
<https://www.nmeced.org/family-connects-nm/>


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**FAMILY
CONNECTS**
NEW MEXICO
Supporting You and Your Baby



WHAT IS FAMILY CONNECTS NEW MEXICO?

When your baby arrives, you can count on Family Connects New Mexico (FCNM) to help you feel supported and confident.

This **FREE** program, offered by the New Mexico Early Childhood Education and Care Department (ECECD), provides in-home visits from registered nurses to families with newborns during the first few weeks after birth.

The program is designed to ease the transition into parenthood by providing guidance, answering common questions, and connecting families to trusted local resources during the early weeks after birth.

FCNM offers hands-on support right where families need it most—at home.

Whether you're a first-time parent, a foster or adoptive caregiver, or already have children at home, FCNM is here to walk beside you. Our goal is to help you feel confident, capable, and connected—because no one should have to navigate postpartum and the early stages alone.

WHAT FAMILIES CAN EXPECT

- A registered nurse will visit your home around three weeks after your baby is born
- No cost to participate for all families, regardless of income, language, or background
- Personalized care tailored to your unique needs

WHY FAMILIES CHOOSE FAMILY CONNECTS

FCNM is part of a nationally recognized, evidence-based model that delivers measurable benefits in the lives of families. Independent studies of Family Connects programs have shown:

- Improved maternal mental health, with lower rates of postpartum anxiety and depression
- Higher rates of postpartum health checkups for birthing parents
- Increased use of high-quality child care and early learning programs
- Greater confidence in newborn care reported by parents
- **97** percent of families successfully connected to at least one helpful service or support

By providing early, individualized care and linking families to what they need most, Family Connects helps set the stage for healthier families, stronger communities, and better outcomes for children across New Mexico.

“

After my visit, I reached out to my nurse for advice about my older child being ill. She responded quickly and provided me with the guidance I needed, which was incredibly reassuring.

Family Connects Parent

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WHAT NURSES CAN HELP WITH DURING YOUR VISIT

Your Family Connects nurse is a trusted, trained professional who will provide personalized support and guidance based on your needs. Topics may include:

NEWBORN CARE

- Checking your baby's weight and overall health
- Breastfeeding or bottle-feeding support
- Tips for bathing, diapering, and swaddling
- Managing crying, sleep, and soothing routines

Your nurse can also connect you to helpful services such as child care, mental health support, or parenting groups—ensuring you have the resources you need from the very beginning.

MATERNAL HEALTH

- Postpartum health check
- Screening for postpartum depression or anxiety
- Support with physical recovery and emotional well-being

RESOURCES AND REFERRALS

- Connections to playgroups and parent support networks
- High-quality child care and early education options
- Scheduling follow-up medical appointments
- Financial, housing, or transportation support
- Early literacy and healthy home tips

