

# Home Visiting Support

*for Young Parents in Washington State*



Parenting is a journey full of learning, growing and celebrating. Get support along the way — from pregnancy until your child is 5 years old.

## What You Gain



**Parenting Tips:** Learn ways to comfort your child, know when they're tired, and when they're hungry.



**Family Resources:** Connect with local programs for diapers, food, child care, and more.



**Celebrate Growth:** Learn what to expect as your child grows and find fun ways to help them learn.

## How Home Visiting Supports Your Family



**Parenting Journey Support:** Connect with people who understand all parts of parenting. Get trusted info, tips, and encouragement for every stage.



**Empowering Parents:** Find resources that support you and your family's future goals.



**Building Strong Foundations:** Learn about child development, healthy practices, and opportunities to help your child thrive.



### Ready to Learn More?

To learn what Home Visiting program is right for your family, scan the QR code or visit [https://dcyf.wa.gov/publications-library/FS\\_0073](https://dcyf.wa.gov/publications-library/FS_0073).



### Find a Program

Find a program near you by scanning the QR code or visiting <https://helpmegrowwa.org>.

## Other Ways to Connect



Search online at <https://resources.helpmegrowwa.org>



Call the Help Me Grow Washington Hotline at 1-800-322-2588



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

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