Healthy Families
Multnomah County

Give Your Baby a Healthy Start!
Because Babies don't come with an instruction book!

Having a child brings big changes in your life. Healthy Families Multnomah County is available to parents who are pregnant or have given birth within the last three months. (Must enroll prior to the baby's three month birthday) This program is voluntary, and it is free! There are no income requirements.

Healthy Families Multnomah County offers:

- Information about how babies' brain and bodies grow
- Ways to bond with your baby
- Support for family health and safety
- Tips for parents about infant sleep, play, attachment, and much more
- Resources for breastfeeding, jobs, recovery support, carseat, childcare, and more.
- Home visits or televisits designed just for you

If you want to hear more about the Healthy Families program in your community, please complete the information below. Someone from Healthy Families will call you soon!

Client Name:			DOB:	
Ethnicity/Race (Optional):		Language (s):		
		Interpreter Needed: Circle	Y / N	
Cell phone:		Text Y/N	Other Phone:	Msg: Y/N

There are security risks related to text messaging, because text messages are sent unencrypted. There is a chance that a third party may intercept the message or that cell phone carriers may save the message. I/referred individual, consent to receiving text messages from the Multnomah County Health Department.

Address:	
City:	Zip:
Email:	
Baby's Name:	Baby's Sex: M/F
Baby's DOB:	Due date if pregnant:
Referred by:	Name/ contact information

Send referrals to our Central Intake Desk in ANY of the following ways: (*A Release Of Information (ROI) form is required in order to obtain any information*** about the status or outcome of the referral. When submitting a referral please attach ROI).**

1. **FAX:**   #503-988-3362 (these forward automatically to the email below)
2. **EMAIL:**   ecs.referrals@multco.us
3. **PHONE:** Central Referral Desk: 503-988-3520 (Call with questions)

Healthy Families Oregon mission: "To promote and support positive parenting and healthy growth and development for all Oregon families expecting or parenting newborns that need and accept extra support."

04/2023