










Healthy Beginnings

[Healthy Beginnings](#) aims to prevent early life factors that predict overweight and obesity in young children. Home visitors encourage healthy feeding practices and work to increase breastfeeding rates and duration to reduce children’s body mass index at 12 and 24 months old.

<p>What is the model’s approach to providing home visiting services?</p>	<p>Healthy Beginnings requires families to initiate services prenatally during the third trimester. Services are provided until the child is 2 years old. The model includes eight home visits during this period.</p> <p>Healthy Beginnings’ target population includes the following:</p> <ul style="list-style-type: none">  Low-income families  Indigenous families  Culturally and linguistically diverse families  Teenage mothers or teenage parents  Unmarried mothers or single parents  Parents/caregivers with limited education  Children with developmental delays or disabilities  Children with special health care needs  Families with a history of substance abuse or in need of treatment  Families with a history of child abuse or neglect/involvement with child welfare system
<p>Who is implementing the model?</p>	<p>Home Visitors</p> <p>Healthy Beginnings has been integrated as a module into four home visiting models. Home visitor education requirements are determined by local programs. Healthy Beginnings recommends a caseload of 25 families for each full-time home visitor, with no more than four new families added in a 6-month window.</p>
<p>Where is the model implemented?</p>	<div data-bbox="483 1333 922 1711" data-label="Image"> </div> <p>Healthy Beginnings does not currently operate in the United States. Healthy Beginnings offered services in Australia and the United Kingdom in 2019.</p>

