



Home Visiting at a Glance

Early childhood home visiting is a service delivery strategy that matches expectant parents and parents of young children with a designated support person—typically a trained nurse, social worker, or early childhood specialist. Services are voluntary and provided in the family’s home or another location of the family’s choice. A two-generation approach, home visiting delivers both parent- and child-oriented services to help the whole family. It views child and family development from a holistic perspective that encompasses—

- ✓ Child health and well-being
- ✓ Child development and school readiness
- ✓ Positive parent-child relationships
- ✓ Parent health and well-being
- ✓ Family economic self-sufficiency
- ✓ Family functioning



What Do Home Visitors Do?

✓ Gather family information to tailor services

- Screen parents for issues like postpartum depression, substance abuse, and domestic violenceⁱ
- Screen children for developmental delays

✓ Provide direct education and support

- Provide knowledge and training to make homes safer
- Promote safe sleep practices
- Offer information about child development

✓ Make referrals and coordinate services

- Help pregnant women access prenatal care
- Check to make sure children attend well-child visits
- Connect parents with job training and education programs
- Refer parents as needed to mental health or domestic violence resources



16 EVIDENCE-BASED HOME VISITING MODELS

operating in the United States met standards of evidence as determined by the Home Visiting Evidence of Effectiveness (HomVEE) project.



How Can Home Visiting Help?

Home visiting has a strong evidence base, with many studies showing it works.ⁱⁱ



Home visiting participants are more likely to **access prenatal care** and **carry babies to term**.ⁱⁱⁱ



Home visitors teach parents to **engage with children** in positive, nurturing, and responsive ways, thus **reducing maltreatment**.^{iv}



Studies have found a **return on investment of \$1.80 to \$5.70** for every dollar spent on home visiting.^{xi, xii}



Home visiting **improves children's early language and cognitive development**, as well as academic achievement in grades 1 through 3.^{v, vi}



Enrolled parents have **higher monthly incomes**, are more likely to be **enrolled in school**, and are more likely to be **employed**.^{vii, viii, ix, x}



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