



We can visit before you have your baby



Visits continue until your child turns 3



MECSH is free and is voluntary

What is MECOSH?

A nurse home visiting program that provides support for you and your family as your baby grows and develops.

How does MECOSH work?

A Nurse Home Visitor with specific training in child and family health will come to your home and provide support to your family and share information about your and your child's health, child development and give guidance, tools and additional resources around the new experiences you will have such as feeding, eating and interacting with your new baby. The Nurse Home Visitor can continue to support you through your child's developmental milestones until their third birthday.

While many participants enjoy in-home support, alternative settings such as a park or library also make for a great visit. Visits with your Nurse Home Visitor may also be done by phone or video call.

When, where and how visits take place will be coordinated between you and your Nurse Home Visitor to ensure you are receiving the support you need throughout the program.

How many home visits will I receive?

Visits can start during your pregnancy or after your baby is born. Visits happen weekly, biweekly or monthly depending on the age of your baby and your family's needs. Visits can continue through your child's third birthday.

What happens during a home visit?

Each home visit takes about an hour. During the visit you and your Nurse Home Visitor will be able to talk about how you, your family and your baby are doing; what challenges you might be experiencing; celebrate milestones; and they will also provide you with support, information and resources on important topics related to the stage of your pregnancy or the age of your child.



Visits take around an hour

During visits, they may also conduct assessments or screenings that may help you prepare for upcoming postpartum visits or well-child visits with your providers.

Do I have to stay in the program?

The program is voluntary and if you choose to participate, you can change your mind at any time and withdraw from the MECOSH program.



Supporting your child's health



Support to meet your needs

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The *MECSH Nurse Home Visitor* will support you to identify and plan for your baby's needs, your needs and your family's needs



Further information about the MECSH program is available from Strong Families AZ

Call or Text

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or
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Email

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There is a lot to think about when you are having a baby and raising children