

Early Childhood

“Supporting Parents Right from the Start”

Starting Together
Healthy Families Madison / Early Head Start

Starting Together reaches out to Madison County parents who are expecting or have a young child in their home offering information, support, and home visiting services.

We provide information and referral services to all parents in Madison County. Our voluntary home visiting program is available to eligible families who are expecting or have a child under the age of three. Starting Together supports parents in their efforts to get their children off to the best start possible.

We believe that:

- A healthy positive parent-child relationship is important for a child's development and success in life.
- Parents are the most important nurturer, educator, advocate, and teacher in their child's life.
- All families possess unique strengths and qualities.
- Families have the right to be treated with respect, dignity, and without judgment.

The goals of our program are to:

- Support positive parent-child bonding and relationships.
- Promote optimal child health and development.
- Enhance parental self sufficiency and improve family coping skills.

About us:

Our services are free and voluntary thanks to grants from Healthy Families New York and Early Head Start . Our program began with our Starting Together / Healthy Families Madison initiative in 1995. In 2002 Early Head Start funding offered us the opportunity to provide home visiting to an additional 50 families. It is through these partnerships that we have provided home visiting support to over 1300 Madison County families since 1995.

Home Visiting

What can Starting Together offer my baby or child?

We believe that parents are the first and most important nurturer, educator, and advocate in their child's life. Your Family Support Worker will bring you information and offer activities that promote your child's health and development as well as help you discover your own parenting style. We will show you new ways to care for your baby that will help them become the best they can be. We can also offer your child:

- A healthy childhood by providing you with information for obtaining health insurance, medical providers, nutrition, and other child health issues.
- A safe environment through parent education on home safety, SIDS, discipline techniques, and referrals to the car seat program.
- Experiences to encourage overall development through activities based on your child's skills.
- New ideas for play that will encourage bonding and promote a positive relationship between you and your child.
- Wonderful memories that will last a lifetime

What Can Starting Together Offer Me?

We offer you the opportunity to build a strong foundation for your family, to grow personally, and to achieve your goals. Together with your Family Support Worker you can look at what you want out of life and how to get there. We can also offer you:

- Opportunities To Have Fun - Family Support Workers will introduce activities that your family can do together to build happy memories.
- Ideas to relieve stress that comes with having a new baby, parenting, and other life situations by exploring new coping skills, offering emotional support, and listening to you.
- New information on your developing baby, caring for a newborn, including the baby's father in daily routines, new ideas on discipline, and anything else you would like to know.
- Connection to the community by providing referrals to area organizations and by inviting you to group events with other parents.

- Help in being the best parent you can be.

What about my partner and my older children?

We encourage both parents to be involved whenever possible. Starting Together seeks to support the parenting of all the children in the household.

When and where do the visits take place?

Usually your Family Support Worker will visit you in your home at a time that is convenient for you and your family.

How much does it cost?

Starting Together services are free, thanks to grants from Healthy Families New York and Early Head Start.

In addition to the home visits, what else do you offer families in the program?

- Nursing Moms Support group
- Dads group
- Moms Night Out
- Parent workshops
- Playgroups
- Fall Fest, Family Picnic, and other special events.

For parents who are interested in taking on a more active role in the program, we offer opportunities to participate as a member of the Policy Council or on a Parent Advisory Committee or by writing an article for our newsletter.

How do I become involved?

Do you live in Madison County? Are you pregnant or have a child under the age of three? If you answered yes and would like to find out if you might be eligible for Starting Together please call us at (315) 697-3588 ext. 16.

Starting Together Brochure

Starting Together Newsletter

Starting Together Annual Report 2008-09

Informational and Helpful Links

- Prenatal Links
- Labor and Delivery Links
- Breastfeeding Links
- Family Health Links
- Parenting Links

Prenatal

Birthing the Future

The mission of Birthing The Future® is to gather, synthesize, and disseminate the finest world wisdom about birthing and the care of mothers and babies from pre-conception to the first birthday. The focus is on what is ideal for mothers and babies to promote their physical, psychological, and spiritual well-being and the development of their full potential.

Childbirth Connection

Childbirth Connection is a not-for-profit organization that uses research, education, and advocacy to improve maternity care for all women and their families.

Choices in Childbirth

The mission of Choices in Childbirth is to improve maternity care by providing the public, especially childbearing women and their families, with the information necessary to make fully informed decisions relating to how, where, and with whom they will give birth.

March of Dimes

Answers to your questions - before, during, and after pregnancy.

Womenshealth.gov

Getting informed is the first step in keeping yourself and your baby healthy. Read on to find out about the changes of the next nine months.

Labor and Delivery

The Bradley Method of Natural Childbirth

The Bradley Method® teaches natural childbirth and views birth as a natural process with the belief that most women with proper education, preparation, and the help of a loving and supportive coach can be taught to give birth naturally.

Doulas of Central New York

Doulas are trained to provide the highest quality labor support to birthing women and their families.

International Cesarean Awareness Network

The International Cesarean Awareness Network (ICAN) is a nonprofit organization founded in Syracuse, NY by Esther Booth Zorn in 1982. ICAN works to lower the rate of unnecessary cesareans, supports vaginal birth after cesarean (VBAC), and encourages positive birthing through education and advocacy.

Breastfeeding

Breastfeeding.com

Breastfeeding information, support, and attitude.

La Leche League International

La Leche League International's mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother.

Family Health

Madison County Department of Health

Madison County Department of Health works to promote and protect the health of county residents through assessment, education, and by ensuring necessary services.

New York State Department of Health

Information on a state-wide level for a healthy New York.

Parenting

Ask Dr. Sears

A variety of topics addressed by a husband and wife team who have raised eight children and practiced pediatric medicine or over 30 years.

Dads and Daughters

DADS provides tools to strengthen father-daughter relationships and to transform the pervasive cultural messages that value daughters more for how they look than for who they are. Family Violence Prevention Fund

The FVPF works to end domestic violence and help women and children whose lives are devastated by abuse, because every person has the right to live in a home free of violence.

Safe Kids Worldwide

Safe Kids Worldwide is the first and only international nonprofit organization dedicated solely to preventing unintentional childhood injury.

Zero to Three

ZERO TO THREE is the nation's leading resource on the first three years of life.