

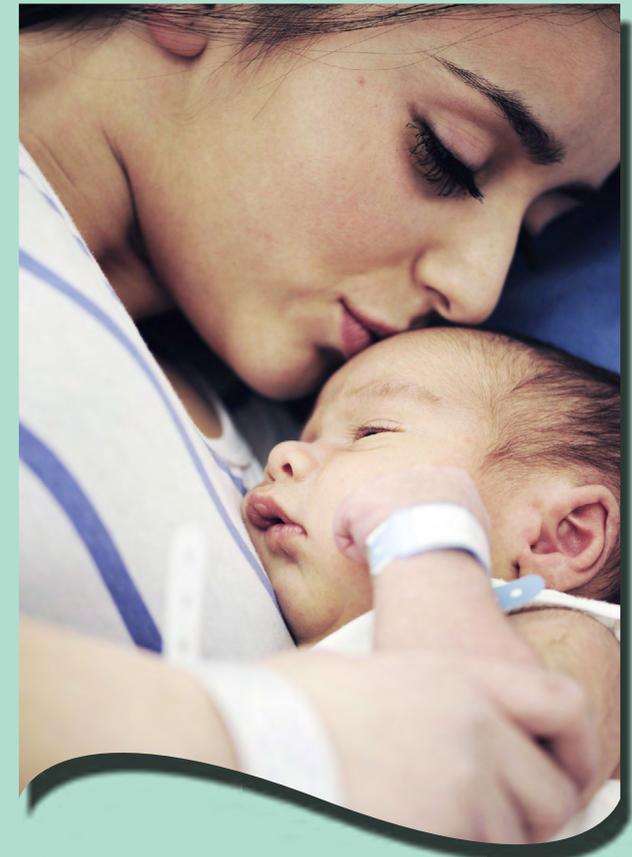
HF/TIP is a wonderful opportunity for all pregnant **General Assistance (GA)** or **Temporary Assistance for Needy Families (TANF)** recipients to improve their parenting skills.



To Enroll: Talk to your case manager today or call the number for your county below and ask for Central Intake:

Atlantic	800-611-8326	
Bergen	973-942-3630	x11
Burlington	855-616-2227	
Camden	800-611-8326	
Cape May	609-407-0040	
Cumberland	856-431-4180	
Essex	973-621-9157	
Gloucester	856-431-4180	
Hudson	201-876-8900	x221
Hunterdon	888-551-6217	
Mercer	609-695-1977	x102
Morris	973-343-2650	
Middlesex	888-551-6217	
Monmouth	888-551-6217	
Ocean	888-551-6217	
Passaic	973-942-3600	x14
Salem	856-431-4180	
Somerset	888-551-6217	
Sussex	844-807-3500	
Union	908-353-7171	x105
Warren	844-807-3500	

State of New Jersey
 Department of Human Services
 Division of Family Development



NJ Healthy Families -
 TANF Initiative for Parents
 HF/TIP Program

Embracing Parenthood
 and
 Supporting Families

Visit us at:
www.nj.gov/humanservices/dfd/programs/workfirstnj/tip

Guidance for Pregnancy, Parenthood and Work



The NJ Healthy Families - TIP Program is a home visitation program that offers real life parenting support with a hands-on approach.

Trained family specialists meet you at your home or a place that's convenient to you to support you in your role as a parent. You will learn how to care for the health and well-being of yourself and your family, including older children.

Family specialists also can provide screenings to identify possible developmental delays, help families access health care and utilize available community services such as housing assistance, child care services, and job training. Services are tailored to meet each person's needs and goals.

During pregnancy, you will learn about:

- Prenatal bonding and stimulation
- Effects of stress on the unborn child
- Importance of support systems
- Preparing for labor and delivery
- Importance of good nutrition
- Bringing a new baby into the family
- Breastfeeding versus bottle feeding
- Safe sleep
- Developing a child care plan
- Available medical and child health/wellness services

Once your baby is born you will receive guidance on:

- Healthy child development
- How to read and play with children
- Strategies for discipline
- How to dress and care for children
- Family planning



When your child is three months old, most parents will be expected to begin working or participating in related work-activities, as is required by the Work First New Jersey (WFNJ) Program. Your family specialist will help you to make this transition.

Under WFNJ, you can receive the following work support:

- Job Search
- Employment services such as resume writing
- Practice interviews
- Education and career goal planning
- Techniques for balancing the home/work demands of a growing family
- Selecting a child care provider



To be eligible, enroll before your baby's first birthday. Early enrollment can lay a foundation for success. The NJ Healthy Families - TIP Program can be there for you from pregnancy through your baby's third birthday.