



Family Home Visiting in Minnesota

What is family home visiting?

Family home visiting (FHV) is a voluntary service for pregnant people and families with young children. Family home visiting typically begins before birth, or soon after birth and continues through the early years of a child’s life. A trained home visitor provides individualized services, in the home or another location, to meet the unique needs of each family. Local home visiting programs across the state seek to reach families with young children and pregnant individuals who would benefit from family home visiting.



Why is family home visiting important?

Families are central to the healthy physical, social, and emotional development of infants and young children. However, many Minnesota families face stressors, such as poverty, that affect children and families in disadvantaged communities. Frequent exposure to stressors increases the likelihood of facing health disparities later in life.

Family home visiting **promotes health equity** by providing critical supports to families from a wide range of racial, ethnic, economic, and social backgrounds. Family home visiting’s emphasis on meeting families where they are, connecting pregnant individuals with appropriate prenatal care, and empowering parents are just a few key activities that address the social and economic factors that drive health disparities.

By strengthening families in their communities, family home visiting has shown powerful impacts on family and child wellbeing, including positive pregnancy outcomes, school readiness, child abuse prevention, and family self-sufficiency.

What do families receive during a family home visit?



Information about the child’s stage of development

to help the parent learn how to nurture and support their child’s social, emotional, and physical development.



Safety and health information

such as safer sleep practices, immunizations, shaken baby syndrome, oral health, breastfeeding, and nutrition.



Screenings

for child development, caregiver depression, and family violence.



Referrals to community resources and services

such as health care services and economic supports.



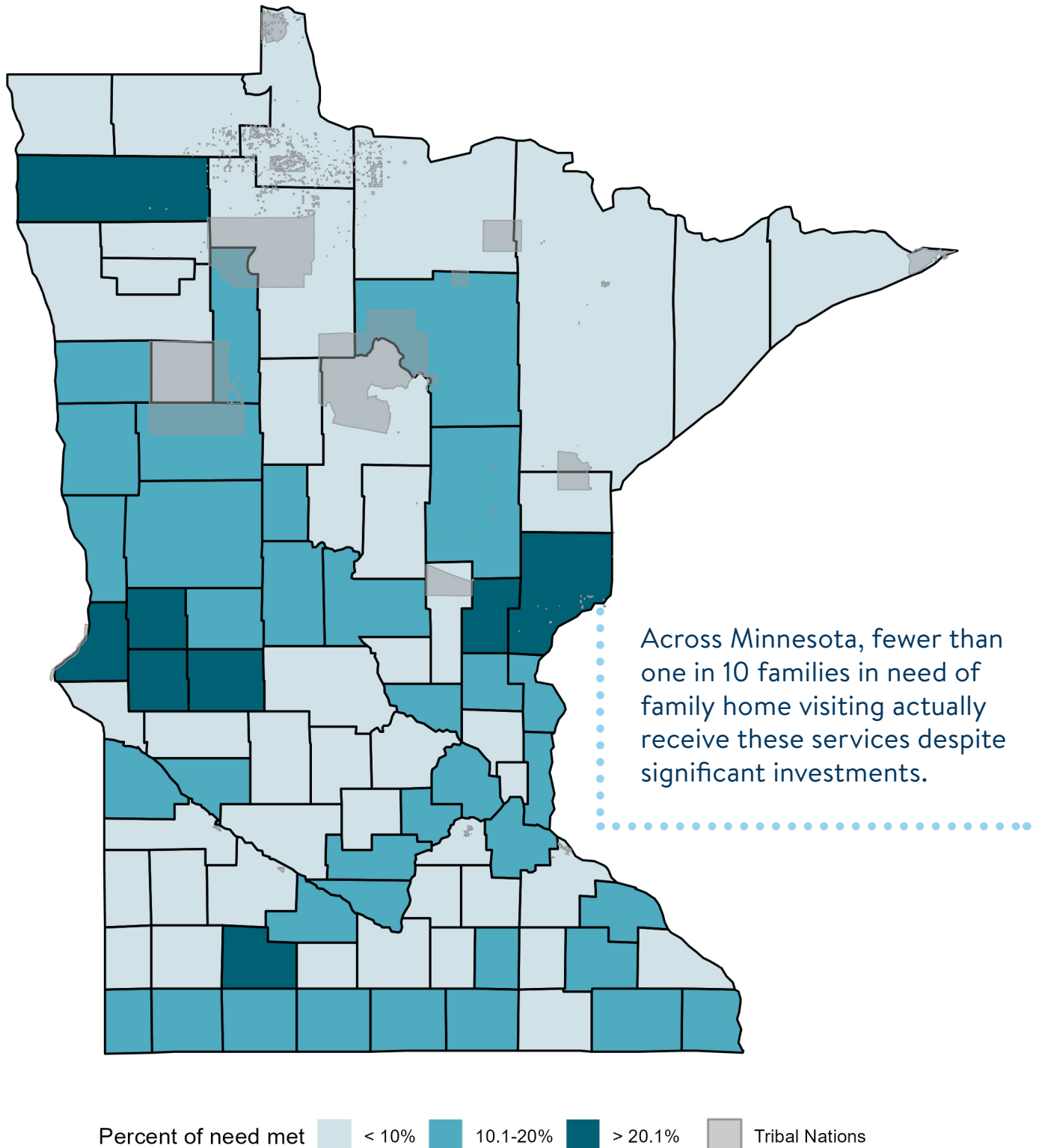
Help with goal setting and skill building

such as learning how to navigate community support systems and practicing parenting skills.

Families served by family home visiting in Minnesota

Over 6,500 families were served in 2023 across all 87 counties in Minnesota. Using U.S. Census estimates, there are nearly 65,000 families who could benefit from family home visiting (i.e., families with young children living below 185% of the Federal Poverty Level). Figure 1 displays the percent of families who participated in family home visiting by county in 2023.

Figure 1: Percent of eligible families with young children served by family home visiting, by county in 2023



Family home visiting grants in Minnesota

In 2023, \$35 million in state and federal home visiting funds were awarded to 79 grantees across three grants. Figure 2 provides an overview of the key features of each of the three grants.

Figure 2: Family home visiting grants in Minnesota, 2023

Grant	Communities served	Annual funding	Implementing agencies	Evidence-based model requirement	Funding source
Promising Practices	10 communities	\$1.9 million	Community health boards (4) Nonprofits (6)	No	State general funds
Strong Foundations	86 counties 4 tribal nations	\$25 million	Community health boards (44) Tribal nations (4) Nonprofits (17)	Yes	Federal funds State general funds
Temporary Assistance for Needy Families (TANF)	87 counties 9 tribal nations	\$8.1 million	Community health boards (49) Tribal nations (9)	No	State allocation of federal funds



“ Many families with young children have struggled to find a balance with work, emotional support in parenting, and self-care, as well as financial burdens. The regular check-ins with a home visitor have been an important stress reduction tool.

One mom said she knows who she can ask for help and resource ideas every week- ‘It’s such a relief.’ ”

-Minnesota family home visitor

Family home visiting in Minnesota - An ecological lens

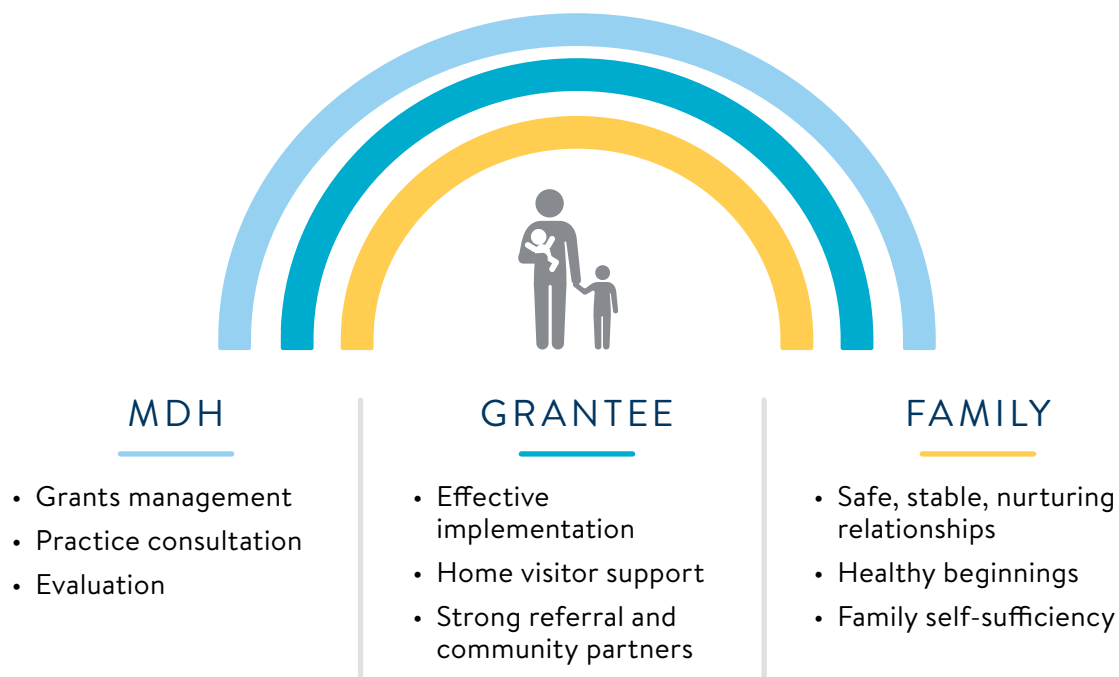
Different levels of influence work together to ensure families with young children and pregnant individuals can access and benefit from quality home visiting services.

The Minnesota Department of Health (MDH) strengthens local home visiting programs through grant support and budget management, practice consultation to support implementation, and data collection to improve quality.

Local family home visiting grantees seek to understand and meet the unique needs of the communities they serve. Key examples include providing quality home visiting programming to all families, hiring and supporting the development of trained home visitors, and creating strong community partnerships.

Families are at the center of this work, and their development of nurturing relationships, healthy beginnings, and self-sufficiency are key measures of the success of family home visiting.

FAMILY HOME VISITING ECOLOGICAL MODEL



To read a complete report on the family home visiting program, visit the [Minnesota Dept. of Health Family Home Visiting Reports website \(www.health.mn.gov/communities/fhv/reports.html\)](http://www.health.mn.gov/communities/fhv/reports.html).

Get connected

Please email Health.HomeVisiting@state.mn.us with questions. To receive weekly updates about family home visiting, you can subscribe to the [Tuesday Topics e-bulletin](#).

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To obtain this information in a different format, call: 651-201-5000.

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