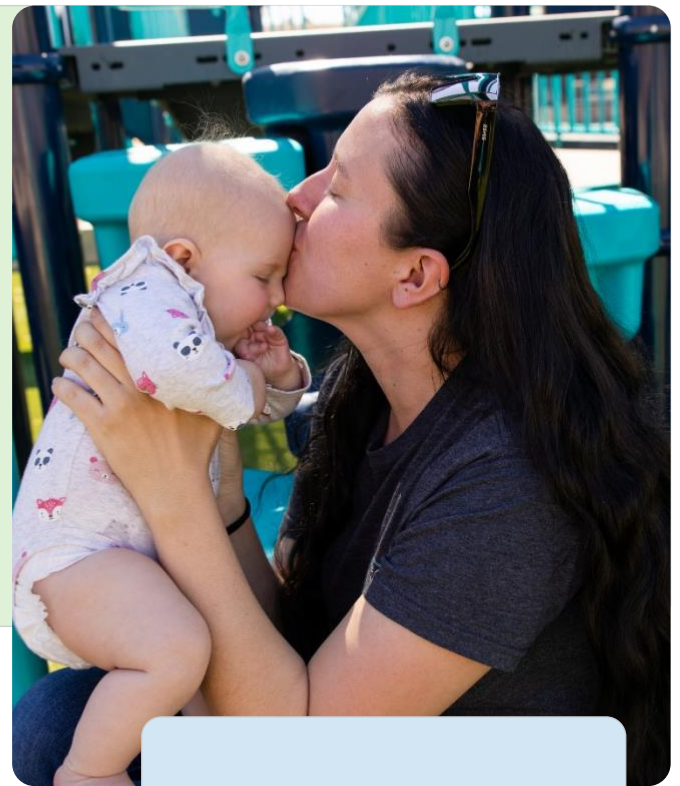




Home Visiting in Utah

2026



Utah's Mission and Vision

The Utah Home Visiting Program supports and strengthens a system of evidence-based home visiting that empowers and creates positive change in the lives of Utah families. These voluntary, high-quality evidence-based services use two evidence-based models: Parents as Teachers (PAT) and Nurture Early Success Together (NEST). These models improve outcomes for families in Utah by improving maternal and child health, strengthening parent-child relationships, and promoting long-term family stability. Home visiting also acts as a bridge across systems, connecting families to other supports like health care, early intervention and more.

Who Is Served

Families who are pregnant or have a child younger than the age of five and want to learn more about parenting or get support.

What Home Visitors Do

- Teach families about their child's growth and development
- Provide answers to everyday parenting questions
- Connect families to services in their community

Supporting Utah's Families

The Utah Home Visiting Program empowers Utah families with free, personalized support from pregnancy through early childhood—building safe home environments, strong bonds, and confident parents, every step of the way.

Home visitors create positive change and improve outcomes for families in Utah.

Home Visiting in Utah | Learn more at <https://dhhs.utah.gov/strong-families/home-visiting/>

OVERVIEW

In Utah, home visiting:

- Promotes positive parenting practices
- Improves child and maternal health
- Places a strong focus on child development and school readiness
- Supports family economic self-sufficiency

Program Stats

1,014
Families reached

9
Counties reached

58
Home visitors

A Closer Look

The Utah Home Visiting Program serves families across urban, rural, and frontier areas of the state. Home visitors support long-term impacts across generations—improving outcomes for parents and their children. Home visitors use the Parents as Teachers and Nurture Early Success Together evidence-based home visiting models to provide personalized support during pregnancy and early childhood, helping families access resources, strengthen parenting, and support healthy child development.

Services are designed to meet families where they are, offering flexible, relationship-based support that builds trust and promotes long-term well-being.

Home Visitors Help Families Learn About

- Child development and milestones
- Sleep routines, feeding, toilet training, and home safety
- How to bond and play with their child
- Effective ways to deal with stress or parenting challenges

Program Impact

The Utah Home Visiting Program places a strong emphasis on continuous quality improvement. For the past 9 years, Utah has consistently outperformed the national average on numerous performance measures for the Maternal Infant Early Childhood Home Visiting (MIECHV) program.

Program Details

Program detail	Information
Service area	Cache, Weber, Davis, Salt Lake, Utah, Sanpete, Carbon, Emery, and Grand Counties
Who delivers services	Early childhood educators, social workers, nurses, and other trained professionals
Visit format	In-home and/or virtual
Cost	Free / No cost to families
Eligibility	Combination of income and priority population characteristics



**Department of Health
& Human Services**
Family Health

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Learn more or refer a family:
HomeVisitingUtah@utah.gov

Home Visiting in Utah | Learn more at <https://dhhs.utah.gov/strong-families/home-visiting/>



Spotlight on Success

A first-time mother navigating **substance use recovery and family reunification** enrolled in home visiting with a 9-month-old child showing significant developmental delays. Over seven months, the program provided hands-on coaching focused on parent-child bonding, daily routines, and targeted developmental activities. By 18 months, the child caught up completely—**scoring on track across all developmental areas**—demonstrating how Utah home visiting drives family stability and early child health.

