



# Home Visiting in New Hampshire



## In New Hampshire, the Maternal, Infant and Early Childhood Home Visiting (MIECHV) program:

- Promotes healthy pregnancies and supports child development
- Strengthens parenting skills and confidence
- Helps identify needs early and connect families to critical health and community resources

## New Hampshire MIECHV Program Stats

|       |                          |
|-------|--------------------------|
| 402   | Families served          |
| 5,107 | Home visits completed    |
| 36    | Home visitors            |
| 1     | Home visiting model used |

## Supporting families from pregnancy through early childhood

New Hampshire home visiting uses the Healthy Families America (HFA) model to connect families with trained professionals who provide guidance, resources, and personalized support during pregnancy and early childhood. Through trusted and flexible support, home visitors strengthen parent-child relationships, promote healthy child development, and connect families to the services they need to thrive.

### Program Impact

**FIGURE 1:**  
93% of primary caregivers enrolled in HFA in SFY 25 had continuous health insurance coverage for at least six months.

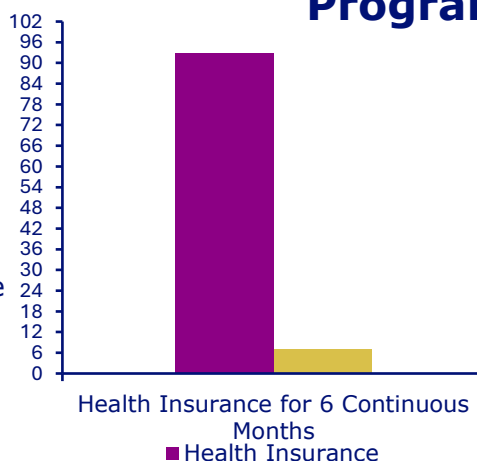
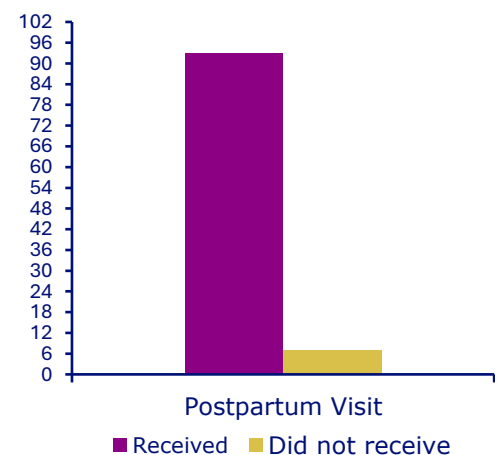


**FIGURE 2:**  
93% of HFA participants in SFY 25 who enrolled prenatally or within 30 days after delivery received a postpartum visit.



## Who Is Served

Pregnant women and families with newborns up to three months old, especially those who would like extra support during the early years.



## What Home Visitors Do

- Meet with families primarily in their homes or virtually, depending on what works best
- Offer practical parenting support and tools
- Help families support their child's development and early learning

# Home visitors meet families where they are, building trust that leads to lasting change.

New Hampshire MIECHV: [miechv@dhhs.nh.gov](mailto:miechv@dhhs.nh.gov)

## Program Details

| Program detail        | Information                                                                    |
|-----------------------|--------------------------------------------------------------------------------|
| Service area          | Statewide                                                                      |
| Who delivers services | Nurses, family support specialists & certified lactation consultants           |
| Visit format          | Primarily In-home and/or virtual                                               |
| Cost                  | No cost to families                                                            |
| Eligibility           | Enrollment during pregnancy or families with infants under three months of age |

Learn more at [www.dhhs.nh.gov/hfa](http://www.dhhs.nh.gov/hfa)



Department of  
**HEALTH &  
HUMAN SERVICES**

Division of  
Public Health

## Spotlight on Success

Lily, a single mother of three energetic boys in New Hampshire, reflects on her experience in the HFA home visiting program. She enrolled while pregnant, hoping to strengthen her family's health and well-being. From the beginning, her home visitor, Daniel, became a steady and encouraging presence, someone she could rely on through both everyday moments and challenging times.

Together, they created routines that fit the rhythm of her busy household and established healthy boundaries that helped bring the calm, grounded environment Lily envisioned. When difficult behaviors arose, Daniel supported her in staying regulated and modeling the calm responses she wanted her children to learn.

This consistent guidance also extended to practical, achievable steps toward healthier nutrition such as simple meals, easy snacks, and realistic habits that worked within Lily's limited time. With these supports, she now feels more confident, encouraged, and reassured in her parenting.

Lily has discovered that small, intentional shifts can spark meaningful, positive changes for her family. Most importantly, she now knows she has what it takes to be the mother her children need and that she doesn't have to navigate it all on her own.

*Names have been changed to protect confidentiality*