The Maternal Infant Health Outreach Worker Program (MIHOW)



is a collaboration between Vanderbilt University Center for Health Services in Nashville, TN and Henderson Settlement. It is a peer mentoring program which utilizes home visits and group opportunities to educate and motivate families toward healthy choices, **focusing on pregnancy and early childhood**. From preparation for birth through the early years of toddlerhood, parents are presented with a series of complex challenges, worries, and rewards.

Becoming a successful parent often requires resources, which may include a loving heart, an open mind, positive reinforcement, and support from those they respect. Through home visitation we are able to provide many of these resources. **Our home visitors provide support, become role models, and serve as a confidante.** They bring information they have learned through experience and training into the home of the families.

The MIHOW program also has a "baby pantry" that is open to our MIHOW families. They may get diapers, wipes, clothing, shoes, medication (fever, cold, cough, etc), and other items they need for their babies and/or children. Mothers are encouraged to return items their children outgrow or they no longer use to be used by another mother. Clothing, car seats, baby swings, etc. are examples of these reusable items.

The MIHOW program relies solely on donations to fund transportation for home visits, items in the baby pantry, and staffing for home visitors. God has blessed us with the love, support, and prayers of faithful supporters and we are truly grateful for each and every one.

If you would like more information or would like to support our MIHOW program please do not hesitate to contact us at:

606-337-3613 ext. 301 Lorinda, ext. 307 Tammy,

or by email mihow@hsumc.org **Thank You!**