

# The NJ Healthy Families - TANF Initiative for Parents (TIP) Program

For more information or  
to find out how to enroll in  
The NJ Healthy Families -  
TIP Program,  
talk to your case manager today, or call the  
number below:



New Jersey Department of Human Services

Chris Christie, Governor      Kim Guadagno, Lt. Governor

Helping  
**good**  
parents  
become  
**great** parents.

# The NJ Healthy Families - TIP Program

## Helping good parents become great parents



**Everyone can be a better parent and earn credit toward work activity.**

Here's a wonderful opportunity for all parents, from pregnancy to age one, receiving **General Assistance (GA)** or **Temporary Assistance for Needy Families (TANF)**. It's called the **NJ Healthy Families - TANF Initiative for Parents (TIP) Program**.

It's a great way to improve your parenting skills **AND** earn hours toward your work activity at the same time.

**The NJ Healthy Families - TIP Program** is a home visitation program that offers real-life parenting support with a hands-on approach. Working together, we can create home visits that are right for you and your baby.

**The NJ Healthy Families - TIP Program** teaches you about:

- Pre and post natal care
- Healthy child development
- Good nutrition
- Available medical and child care services
- Employment services such as resumé writing and interviewing
- How to cope with the stress of being a parent

**We've Made It Easy! We Come To You!**

We understand that with a new baby, you are busier than ever and that transportation can be a challenge.

That's why **The NJ Healthy Families - TANF Initiative for Parents Program** home visitors come to you.



**Skills. Support. Encouragement.**

During pregnancy, you will learn how to take care of yourself and your baby.

You will learn how to:

- Encourage your new baby's well-being and ensure his or her healthy development
- Learn how to care for the health and well-being of your family, including older children
- Access services such as counseling, employment coaching and child care if you need them



**It's Never Too Soon To Start!**

**The NJ Healthy Families - TIP Program**

will be with you from pregnancy through your baby's third birthday. Early enrollment can lay a foundation for success in later work requirements. When your child is three months old, most parents will be expected to begin work related activities.

The skills you learn and support you receive will help you to:

- Balance work and family
- Achieve education and career goals
- Prepare for changes a growing family demands
- Develop a child care plan
- Succeed in your job search

Strengthening your parenting skills through **The NJ Healthy Families - TIP Program** can be part of the package of activities that will make up your 35-hour-a-week work requirement under GA and TANF.