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❓ What is Family Connects NJ?

Family Connects NJ is a universal home visiting program that provides a free nurse visit to support parents and newborns at home. The Family Connects NJ visit normally occurs within two weeks of birth, where a registered nurse or advanced practice nurse specially trained in maternal and child health will perform a comprehensive health and wellness assessment of the newborn and the parent(s) or caretaker, answer questions, and if needed, connect families to appropriate community resources.

Family Connects NJ nurse visits are also open to families who are welcoming a child through adoption or as a resource parent, and for families experiencing the tragedy of a stillbirth or loss of their newborn.

Family Connects NJ also shares community resources and sponsors community events tailored for expecting families and families with young children.

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📍 Who is eligible to receive a nurse visit?

Nurse visits will be offered to residents of **Cumberland, Essex, Gloucester, Mercer, and Middlesex** counties starting in January 2024. The visit is available to families residing in those counties who are welcoming a newborn through birth, adoption, or as a resource parent. Services are also available for families experiencing the tragedy of a stillbirth. The program is completely voluntary, and families are eligible to participate regardless of socioeconomic status, insurance status, or immigration status.

Nurse visits will be made available in additional counties in the future eventually expanding to all 21 counties. The rollout schedule can be found on the [Family Connects NJ website](#).

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📍 How can I sign up for a Family Connects NJ nurse visit?

Families can enroll using the [sign up button](#) on the Family Connects NJ website, or by calling the nursing provider covering their county, as shown in the table below:

Counties	Nursing Provider	Telephone	Email
Essex	Partnership for Maternal and Child Health of Northern New Jersey	(973) 268-2280; option #7 for Family Connects NJ	FCNJEsssex@pmch.org
Mercer	Central Jersey Family Health Consortium	1-888-551-6217	familyconnectsmercer@cjfhc.org

Middlesex	Central Jersey Family Health Consortium	1-888- 551-6217	familyconnectsmiddlesex@cjfhc.org
Cumberland and Gloucester	Southern New Jersey Perinatal Cooperative	1-800- 604-3863	FamilyConnectsNJ@snjpc.org

This is a volunteer service, so the family must agree to participate, but we welcome community providers, advocates, extended family, and friends in assisting parents with the enrollment process.

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📍 How much does the nurse visit cost?

The program is free for all New Jersey families who reside in the participating counties. There is no need to provide proof of income, insurance, or immigration status. We want **every** family to participate in this program.

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📍 When will the nurse visit me?

The program normally requires that the first visit take place within two weeks after the baby is born for optimum benefit. However, families may schedule visits at later times if needed, with most families seen within 34 days after the child's birth. Exceptions can be made, for example for babies who have come home from the hospital at a later date, but visits are not possible more than 12 weeks after birth.

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📍 Nurse visits aren't available yet in my county. What can I do?

Nurse visits will be offered to residents of **Cumberland, Essex, Gloucester, Mercer, and Middlesex** counties starting in January 2024. Additional counties will be added in the future, until the program is available statewide. The rollout schedule can be found on the [Family Connects NJ website](#).

For other services available in your area now, visit nj.gov/ConnectingNJ. Connecting NJ hubs in each county provide referrals to community resources, programs, and services for those who are pregnant or raising young children. The Hub staff can explain programs to you, help you identify what would best fit your family, and even help you in the application or referral process.

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📍 I am more than 12 weeks postpartum. Are there any services available for me?

Connecting NJ hubs in each county provide referrals to community resources, programs, and services for those who are pregnant or raising young children. Hub staff can explain programs to you, help you identify what would best fit your family, and even help you in the application or referral process. Please visit nj.gov/ConnectingNJ to get in touch with your local Connecting NJ hub.

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📍 What should I expect from my visit?

When your registered nurse arrives, the first steps will be a weight and health check for your baby, and a health screening to make sure the mother is recovering well after childbirth. Depending on your family's interests and needs, the nurse can offer help with breastfeeding, child care resources, recommending financial resources, locating parenting classes, identifying and coping with postpartum depression, dealing with social isolation or new family dynamics, and many other issues. **Family Connects NJ** nurses are experts in supporting families of newborns with resources right in your own community.

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📍 Are there any COVID-19 precautions in place to keep my family safe?

Family Connects NJ nurses and staff follow all infection-control precautions as outlined by the CDC and safe practice. If you have any concerns, or are feeling unwell yourself, please call the [Family Connects NJ](#) provider for your county to reschedule your visit.

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📍 How many times will my nurse visit me?

Most families receive one visit of 90-150 minutes. Based on a family's needs, the **Family Connects NJ** nurse may suggest one or two shorter follow up visits.

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📍 **Is this only available to first-time parents?**

No, **Family Connects NJ** is not only for first-time parents. You can schedule a **Family Connects NJ** nurse visit whether this is your first baby or you have other children at home. Each pregnancy is different, and each postpartum period is different. Every family can benefit from having a visit from a **Family Connects NJ** nurse.

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📍 **Is the program available statewide?**

Nurse visits will be offered to residents of **Cumberland, Essex, Gloucester, Mercer, and Middlesex** counties starting in January 2024. Nurse visits will be available in additional counties in the future. The rollout schedule can be found on the [Family Connects NJ website](#).

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📍 **What if I don't have health insurance?**

You don't need health insurance to schedule a nurse visit. **Family Connects NJ** is a unique benefit for New Jersey families and visits are **free of charge** for residents in participating counties.

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📍 **Do I have to verify my income to qualify?**

No. The program is available to any family, regardless of income, insurance coverage, immigration status, or level of need. Families at all income levels can benefit from the services provided by **Family Connects NJ**.

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📍 **What do I have to do to prepare for my Family Connects NJ nurse visit?**

Nothing! **Family Connects NJ** nurses know how hectic juggling the demands of a household are and how tiring life can be so soon after bringing a newborn home. It's actually quite normal to feel this way, as the main focus of your attention and time has become the wellbeing of your baby. Our Family Connects NJ nurses don't want to

add to your workload, and we certainly won't judge if your home is less-than-perfect. Keep in mind our most important task is the ability to talk to and interact with you and your newborn. If possible, have your hospital discharge paperwork available for the nurse to review.

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🗨️ Are visits available in languages other than English?

Yes! Let **Family Connects NJ** know at the time of scheduling your visit that accommodation in another language is needed. **Family Connects NJ** will send a bilingual nurse, where possible, or arrange for translation for the visit.

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🗨️ Will information about the visit be provided to my doctor?

A report summarizing the visit can be provided, but only with your permission. You can also specify what type of information you want to share. For example, you may want to share information about the nurse's assessment of you or your baby, but not on specific community resources they offered you.

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🗨️ I scheduled my nurse visit, and now something has changed, and that time no longer works for my family. What do I do?

Please contact **Family Connects NJ** to reschedule your visit so that the appointment time can be used by another family. We'd be happy to set up a different time that works better for your family.

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🗨️ Can my partner be part of the visit?

Of course! We would love to include your partner as we want to consider the health and wellness of the entire family.

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🗨️ My newborn is still in the Neonatal Intensive Care Unit (NICU). How do visits work in this situation?

We would love to schedule a visit with you within two weeks of your child's birth, and then can do a follow up visit when your infant returns home. It is important to check on your health too, to make sure that you are in good shape to care for your new baby!

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