

**being a  
parent  
can be  
tough.**

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**HOPES can help  
you navigate the  
early years.**

## About LSI

LSI is one of Iowa's largest non-profit, nationally accredited human services agencies. We empower families and communities by recognizing and honoring the strengths and gifts of every individual, serving people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientation.

## CONTACT US



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## Early Childhood Services



# HOPES

LSI's Early Childhood Services



# Your child's early years are some of the most important.

Set them up for success with support from LSI's free, voluntary **HOPES** program!

**HOPES** provides support for prenatal families through the age of 5. When you're connected with HOPES, you'll be paired with a Family Support Specialist. Each visit is shaped by what matters most to you — because you know your family best!

We understand busy lives and appreciate the beauty of human imperfection. We will work around your family's schedule and needs to create visits that are fun, non-judgmental, and flexible in the privacy of your own home.

HOPES is an evidence-based home visiting program accredited by Healthy Families America and funded by Maternal, Infant, Early Childhood Home Visiting (MIECHV), and Early Childhood Iowa.



**"I've felt so supported and loved at LSI.**

**They have offered me so many resources and have constantly rooted for me."**

**-Victoria, an Iowa mom**



## We'll support your family with:



Parenting guidance based on your questions and curiosities, like how to interpret baby's cues, establish a routine, and set toddler limits.



Practical, fun activities to nurture the relationship with your child(ren) and help them reach all their important milestones, like saying their first words, taking their first steps, and starting school.



Local resource connections based on your needs and concerns, like affordable housing, food pantries, quality childcare, and health clinics.



Family socialization opportunities, so you can meet other parents of young children and grow your social network.



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