HF/TIP is a wonderful opportunity for all pregnant General Assistance (GA) or Temporary Assistance for Needy Families (TANF) recipients to improve their parenting skills.

To Enroll: Talk to your case manager today or call the number for your county below and ask for Central Intake:

- Atlantic  800-611-8326
- Bergen  973-942-3630  x11
- Burlington  855-616-2227
- Camden  800-611-8326
- Cape May  609-407-0040
- Cumberland  856-431-4180
- Essex  973-621-9157
- Gloucester  856-431-4180
- Hudson  201-876-8900  x221
- Hunterdon  888-551-6217
- Mercer  609-695-1977  x102
- Morris  973-343-2650
- Middlesex  888-551-6217
- Monmouth  888-551-6217
- Ocean  888-551-6217
- Passaic  973-942-3600  x14
- Salem  856-431-4180
- Somerset  888-551-6217
- Sussex  844-807-3500
- Union  908-353-7171  x105
- Warren  844-807-3500

State of New Jersey
Department of Human Services
Division of Family Development

Visit us at:
www.nj.gov/humanservices/dfd/programs/workfirstnjtip

Embracing Parenthood and Supporting Families
The NJ Healthy Families - TIP Program is a home visitation program that offers real life parenting support with a hands-on approach.

Trained family specialists meet you at your home or a place that’s convenient to you to support you in your role as a parent. You will learn how to care for the health and well-being of yourself and your family, including older children.

Family specialists also can provide screenings to identify possible developmental delays, help families access health care and utilize available community services such as housing assistance, child care services, and job training. Services are tailored to meet each person’s needs and goals.

During pregnancy, you will learn about:

- Prenatal bonding and stimulation
- Effects of stress on the unborn child
- Importance of support systems
- Preparing for labor and delivery
- Importance of good nutrition
- Bringing a new baby into the family
- Breastfeeding versus bottle feeding
- Safe sleep
- Developing a child care plan
- Available medical and child health/wellness services

Once your baby is born you will receive guidance on:

- Healthy child development
- How to read and play with children
- Strategies for discipline
- How to dress and care for children
- Family planning

When your child is three months old, most parents will be expected to begin working or participating in related work-activities, as is required by the Work First New Jersey (WFNJ) Program. Your family specialist will help you to make this transition.

Under WFNJ, you can receive the following work support:

- Job Search
- Employment services such as resume writing
- Practice interviews
- Education and career goal planning
- Techniques for balancing the home/work demands of a growing family
- Selecting a child care provider

To be eligible, enroll before your baby’s first birthday. Early enrollment can lay a foundation for success. The NJ Healthy Families - TIP Program can be there for you from pregnancy through your baby’s third birthday.