

Healthy Steps Works!

Testimonials from Parents

- “Supportive environment for learning new parenting tips”
- “The program has helped me feel more confident about how we are raising our daughter”
- “The program has been very helpful as a first time mom. I love the parent groups and all the support I get. All of my questions are answered and they give me wonderful tips on development and safety”
- “The program has helped me understand that it's important to do things for myself even if it's just a few minutes a day. “

Testimonials from Physicians

- “The Healthy Steps program has been an invaluable asset to our clinic patients. The Healthy Steps Specialist provides the amazing parenting tools needed by our parents to educate them on proper feeding, stimulation, behavioral modification and many other topics. Healthy Steps has been and is the best thing that has happened to our practice!”
- Audrey Ofir, MD
Pediatric Comprehensive Care Clinic,
Director Jackson Heath System



The University of Miami Healthy Steps Program is funded by The Children's Trust. The Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County.

***Education for Your Child's First
Three Years***

Healthy Steps: A Step in the Right Direction



Who We Are

The Healthy Steps for Young Children program is designed to: provide your family with ideal strategies for promoting your child's development from birth through age three; help your family have the best relationships possible; help you balance the role of being a parent with all the other parts of your life; promote child safety; promote positive behavior in a way that will be life-changing for your family.

Through our partnership over the next three years, we will increase the likelihood that your child's development is on track; that you enjoy your role as a parent; that your child will be less likely to experience emotional or behavioral problems in the future; and that your child is at decreased risk for preventable accidental injuries at home.

What We Do

- Partner with you, your child, and your child's pediatrician during scheduled well-child visits
- Provide additional support through home visits
- Free family fun nights
- Use a screening approach throughout frequent visits so we can tailor services specifically for your family
- Tailor education and coaching to your family to promote improvement in various areas
- Partner with you to help link your family to the most appropriate services to meet your family's need
- Provide written materials on important topics such as toilet training, discipline and nutrition
- Provide age appropriate books for parents to read to their children

Where We Are

Jackson Memorial Hospital Ambulatory Care Center

1611 NW 12th Avenue ACC West (5C)
Miami, FL 33136
Telephone: (305) 905-4093

UHealth Pediatrics– Kendall

8932 SW 97th Ave., Suite D,
Miami, FL 33176
Telephone: (305) 270-3495

University of Miami Pediatric Associates at the Professional Arts Center - UM Medical Campus

1150 NW 14th St., Suite 410,
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Healthy Steps Main Office

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***Insert—Healthy Steps APP info**

Website: [http://
pediatrics.med.miami.edu/community-
outreach/health-steps/](http://pediatrics.med.miami.edu/community-outreach/health-steps/)