HealthySteps Works!

What Parents Say

- "We had lots of fun and enjoyed every detail of Family Fun Night. I will definitely try to be more specific when praising my kids. Thanks for the tips! Love your parent group get togethers and HealthySteps!"
- "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."

What Pediatricians Say

- "The HealthySteps program has been an invaluable asset to our clinic patients. The HealthySteps Specialists provide the amazing parenting tools needed by our parents to educate them on proper feeding, stimulation, behavioral modification, and many other topics. HealthySteps has been and is the best thing that has happened to our practice!"

- Audrey Ofir, MD
Pediatrician, Mother, and Director of the Pediatric Comprehensive Care Clinic at Jackson Memorial Hospital

Empowering, Supporting, and Guiding families by partnering with pediatricians to provide enhanced care

The University of Miami HealthySteps 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.

To learn about other available services funded by The Children’s Trust

Dial 211

or visit The Trust online at thechildrenstrust.org

Visit our website to download the HealthySteps App for Apple and Android devices
Who We Are
HealthySteps is a unique, proven pediatric primary care program committed to healthy child development and effective parenting. A child and family development professional, known as a HealthySteps Specialist, connects with families during pediatric well visits and home visits as part of the primary care team. Our Specialists:

- Help you understand and promote your child’s development
- Support you when challenges like feeding, behavior, sleep, and adapting to life arise
- Help you develop a great relationship with your baby
- Teach you how to keep your child as safe and happy as possible
- Encourage and prioritize YOU – taking care of yourself is important!

Research shows that how you interact with your baby in the first three years of life can affect his or her future success. You are your child’s first and most important teacher, so HealthySteps helps you to:

- Interact with your baby in ways that promote positive behavior
- Limit unwanted challenges
- Utilize play and daily routines as opportunities to help your child learn
- Promote strong bonding
- Enjoy being a parent

What We Do

- Work closely with your pediatrician during your child’s scheduled well visits to provide comprehensive care from birth to age three
- Provide your family with additional support through home visits twice per year
- Regularly check in regarding your child’s development as well as your family’s health and happiness, so the information, support, and connections we provide best address your needs
- Hold free Family Fun Nights including food, activities, and goodies
- Teach skills and share ideas tailored to your needs that promote positive behaviors and help your child develop
- Provide useful tools you can trust, including handouts, toys, and books that you and your child can enjoy together

Where We Are

Jackson Memorial Hospital Pediatrics
Ambulatory Care Center (ACC) West
1611 NW 12th Avenue, Suite 5C
Miami, FL 33136
Telephone: (305) 905-4093

UHealth Pediatrics – Kendall
8932 SW 97th Avenue, Suite D
Miami, FL 33176
Telephone: (305) 270-3495

UHealth Pediatrics – Medical Campus
Professional Arts Center (PAC)
1150 NW 14th Street, Suite 410
Miami, FL 33136
Telephone: (305) 905-3915

HealthySteps
Pediatric Care + Supporting + Parenting

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Visit us at
uhealthpediatrics.com/healthy-steps