

WHAT IS FAMILY SPIRIT?

A home visiting program specifically designed to support Native families, incorporating cultural traditions and practices into all aspects of our services.

WHO QUALIFIES?

Any guardian raising a Tulalip tribal member under the age of five.

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FAMILY SPIRIT

Supporting Your
Parenting Journey



1. Personalized Support

Guidance is tailored to your family's unique situation, needs, and goals.

Strategies are given in the comfort of your own home, where they're most relevant and easy to apply.

2. Child Development Support

Home visitors can provide age-appropriate activities and tips to support your child's learning, language, and motor skills.

Early identification of developmental delays, with referrals for further evaluation if needed.

3. Parenting Skills & Confidence

Practical tools for managing behavior, building routines, and encouraging positive parent-child interactions.

Encouragement and reassurance that helps build confidence in your parenting.

4. Connection to Resources

Links to community programs, health services, childcare, housing assistance, or food resources.

Help navigating systems and filling out forms.

5. Health & Safety Guidance

Support with prenatal health, postpartum recovery, and infant care

Tips for home safety, nutrition, and overall family well-being.

6. Emotional Support

A safe, nonjudgmental person to talk to about challenges or concerns.

Reduced isolation by building a trusted relationship.

7. Convenience & Accessibility

No need for transportation or extra trips — the help comes directly to your home.

Flexibility in scheduling around your family's routine.

