

## Ask your Public Health Nurse about..

- prenatal health concerns
- breastfeeding, infant care, child growth and development, immunizations
- personal health issues following the birth of your baby
- concerns related to depression, abuse, general medical issues

## Ask your Family Home Visitor about..

- community resources, programs, and activities
- transportation concerns
- how to connect to housing, schooling, childcare, and employment services
- encouraging positive behaviours
- support to be the best parent you can be

### Our Goal

To give children more opportunities for a better start in life by:

- encouraging healthy child development
- increasing parents confidence and skills
- helping families find community resources

To learn more about



call the  
**Chatham-Kent Public  
Health Unit.**



**519.352.7270 ext. 2903**

**Toll Free 1.866.251.7270**

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**Helping parents  
give their children  
the best start  
in life...**



## What is the Healthy Babies Healthy Children Program?

A FREE voluntary program for expectant parents and families with children up to 6 years of age that:

- provides home visits with a Public Health Nurse and Family Home Visitor
- provides education, support, advice, and referral to services

## How can the program help you?

### Home visits help you learn about:

- having a healthy pregnancy and birth
- connecting with your baby
- how children grow and develop and what you can do to help
- positive parenting skills
- breastfeeding, healthy nutrition, food skills
- taking care of yourself and your family
- community services available to you and your child



### When you are pregnant:

- receive information and support for a healthy pregnancy and birth
- learn how your unborn baby grows and develops
- prepare for your baby's arrival



### After your baby is born:

- ongoing home visits help support you as a parent
- a Public Health Nurse will contact you, answer your questions and offer health information and support
- connect you to parenting services in your community

### As your child grows:

There is a lot to learn as your child grows and develops.

The Healthy Babies Healthy Children team can help you enjoy these important years.