

# Healthy Babies Healthy Children Program

The Healthy Babies Healthy Children program is a home visiting program for families. We can support you during pregnancy, after the baby is born and as your child grows, up until school entry. The program works best when we visit with you on a regular schedule. We will create a plan together for how we can best support you. You pick topics you would like to learn more about or need help with. For example, we can help you learn about:

- Having a healthy pregnancy and birth
- Caring for yourself
- Healthy eating
- Breastfeeding
- Parenting
- Connecting with your baby
- Growth and development
- Other services and programs in your community

## What happens during home visits?

- Visits may take place by phone, video or in-home (depending on current public health guidelines). We will inform you of the options and ask what you prefer when we book your visit.
- Your nurse and family visitor share information with you and help connect you to services and programs in your community.
- Your nurse does activities with you during your pregnancy. You will learn how to connect with your baby and how to stay healthy.
- You will learn about your baby, how to comfort your baby and about your baby's personality.
- Your nurse will help you learn what your baby/child is telling you and how to respond in a way that helps them to feel safe and connected to you.
- You will learn about how to play and talk to your baby in ways that will help them with their development.

## How long does the program last?

- At the start of service, we will talk with you about your goals and how we can help you meet them.
- We will check in with you after 6 visits about your goals and if there are still any areas you would like to work on. If so, we will continue meeting with you on a regular basis.
- There may be other services in the community that can meet your needs and we will help connect you to them.
- Our service is complete when your goals have been met or when you no longer want to participate as our program is voluntary.



## Your Public Health Nurse...

- Is a Registered Nurse who works in the community
- Shares information on health topics
- Links you to other services in the community
- Shares activities with you to help you understand your baby

## Your Family Visitor...

- Supports you in the parenting role
- Offers advice and encouragement
- Shares resources and information
- Shares activities to help you learn how to play and communicate with your baby

## You...

- Participate in visits and work towards your goals
- Tell us what you want to learn
- Ask questions
- Share thoughts

## How We Work Together

- We will do our best to begin on time.
- If we are unable to visit, someone will call you to cancel the visit.
- If you need to change your visit for any reason, please contact us to reschedule (e.g. visitors, illness, vacation).
- Visits may take place by phone, video or in-home (depending on current public health guidelines). We will inform you of the options and ask what you prefer when we book your visit. If you prefer video, we will send you a link to the meeting so you can join on your phone or other device. You will need an internet connection.
- Our program is voluntary, if at any time you change your mind about participating please let us know.



**We look forward to working with you and your family.**