



# Durham Region Health Department **FAX about...**

For Health Care Professionals



## **Referral to the Healthy Babies Healthy Children Program**

Healthy Babies, Healthy Children (HBHC) is a free program for families which aims to support them with their parenting goals in the prenatal and post-partum period and throughout early childhood up until school entry.

Public health nurses and family visitors work together with families on their goals by visiting them regularly to provide information and support. Visits are offered Monday to Friday 8:30 am to 4:30 pm.

Having a baby can be both an exciting and challenging time for new parents. Areas that can be addressed include:

- Having a healthy pregnancy and birth
- Attachment
- Perinatal Mood Disorders
- Breastfeeding
- Growth and Development
- Positive Parenting
- Accessing other services and programs in the community

**Physicians, midwives and nurse practitioners can refer a patient by faxing the HBHC Referral Form** found at [durham.ca/HCP](https://durham.ca/HCP) (under Forms, then Referrals). Providers can also encourage patients to self refer by visiting [durham.ca/HBHC](https://durham.ca/HBHC).

Posters, flyers and tear-off pads about the HBHC program are available to order online at [durham.ca/HCP](https://durham.ca/HCP) (under Order Resources, then Parenting).

September 4, 2025

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

