

Healthy Babies Healthy Children

The Healthy Babies Healthy Children Program is a home visiting program provided for pregnant moms, dads and families with children who are six years of age and under.

We offer support to:

- deal with parenting challenges like tantrums, sleeping and nutrition
- promote successful breastfeeding
- learn new play activities for babies and children
- learn how to set limits and create routines for your children
- encourage your child's development
- connect your family to community supports and services
- help you understand the importance of taking care of yourself as a parent
- find answers to your questions and concerns



Call us today. We can help.

North Bay Parry Sound District

Health Unit



Bureau de santé
du district de North Bay-Parry Sound

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705.746.5801

800.563.2808

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If you can relate to any of the comments below we may be able to help!
All information will be kept confidential.

- Yes I would enjoy talking with an experienced parent.
- Yes I understand how important it is to look after myself so that I can care for my child.
- Yes I would like some new ideas to help me deal with challenging situations.
- Yes I want to be sure I have everything I need to ensure a healthy pregnancy.
- Yes I value the most current information about keeping my child safe.
- Yes I am interested in finding out about community activities for my family.
- Yes I am overwhelmed with my new baby and would just like someone to talk to.

**You want your children to have a good start in life.
We want to help you make that happen.**