



*Healthy
Beginnings*

Enhanced Home Visiting

Building healthy children and healthy families



Enhanced Home Visiting is a free, in-home support program designed for families with children age newborn to three years old. The public health nurse or community outreach worker who has been visiting you has recommended the program for you and your family.

The Enhanced Home Visiting program will help you learn about parenting. You will also learn about your child's growth and development. The program is offered through Public Health.

You choose

- when to take part in the program
- when to stop
- where to meet
- how often your home visitor will visit
- the topics to be discussed
- whom to include in the visits

Your home visitor is trained and employed through the Healthy Beginnings program.

Your home visitor will

- visit you in your home or another spot that is safe and comfortable for you
- listen to you
- share information with you
- help you understand your child's behaviour
- share ideas about playtime with your child
- help you care for yourself as a parent
- help you find the services you need in your community, such as children's programs, parents' groups, toy libraries, and more

Build confidence in your parenting choices

- You may have questions about how to care for your baby.
- You may have new questions as your child grows and changes.
- Your home visitor can help find answers for you and your family.

Every family is unique

- Your home visitor will respect your family's ways of doing things.
- Together you will explore the things you do well as a parent and build on them.



Testimonials

“It was such a great support to have someone be there when we had questions or concerns...we are very thankful for this program.”

“It’s not just about the kids; it’s also helped us have a better relationship with each other because of some of the things that we’ve been taught in the program about rewarding ourselves as parents.”

“I feel that I can be completely honest with my home visitor and always tell her exactly what is on my mind; she is so down to earth and non-judgemental, whatever I do or say.”



For more information

To find out more about this program, please contact the Public Health office in your area.*

** Some local family resource centres help to deliver this program with Public Health.*



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