

Remember

All children need lots
of:

- Love
- Kisses
- Hugs
- Cuddling
- Attention

All parents need
information, support
and help to care for
themselves and the
new baby



For more information about
Healthy Beginnings contact your
Community / Public Health Nurse



Department of Health
and Community Services
2009

Healthy Beginnings



Supporting Newborns,
Young Children and
Their Families in
Newfoundland and
Labrador

Healthy Beginnings

Healthy Beginnings:



a program offered by your Community / Public Health Nurse for

families with babies and young children.

Did You Know?

You can help your baby to grow and develop by:

- Talking, reading and singing to your child
- Establishing regular routines
- Encouraging safe play
- Recognizing that your child is unique
- Being warm, loving, and responsive to your child's needs

Support is offered early to all families. This support may continue until your child enters school. The goal is to promote healthy child development .



Healthy Beginnings provides support

- when your baby is little and as your child grows
- based on your family's needs
- through regular follow-up by telephone, home or health check clinic visits.

Families can start the program anytime between birth and school entry.

Through Healthy Beginnings, the Community / Public Health Nurse is available to :

- Answer questions about care for you, your child and the family
- Provide information and support for breastfeeding and infant feeding
- Provide information and support about parenting
- Check your child's development and discuss ways to help your child grow and develop
- Refer to other health care providers as needed

