

# HEALTHY BABIES HEALTHY CHILDREN FACT SHEET

## Healthy Babies Healthy Children Program

*The Healthy Babies Healthy Children Program (HBHC)* provides eligible families with information, support and connections to community resources. Healthy Babies Healthy Children is a home visiting program.

In this program, parents are connected with a Public Health nurse and a family visitor. They offer support and services to meet the needs of parents on topics like:

- Having a healthy pregnancy and birth
- Connecting with their baby
- How children grow and develop and what caregivers can do to help
- Being a parent
- Breastfeeding, food and healthy nutrition
- Taking care of themselves and their family
- Other services available to caregivers and their child in the community

Parents work with their support team to decide which topics to cover in the virtual home visits.

### Cost

This service is provided at no cost.

For parents interested in the Healthy Babies Healthy Children program, please contact Health Connection by phone at 1-800-361-5653 or email [childfamily@york.ca](mailto:childfamily@york.ca)

**Note for community agencies or York Region Public Health staff:** To make referrals to HBHC, please use the online referral form: [Referral form for Child and Family Health Programs](#). Enter “COVID SUPPORT REQUIRED” in the Additional comments section.

## HEALTH CONNECTION

Public Health nurses continue to provide health teaching on pregnancy, breastfeeding, maternal mental health, parenting, feeding baby and child, sleep, injury prevention and referrals for breastfeeding support through the Healthy Babies Healthy Children Program.

Phone: 1-800-361-5653 or through e-chat at [york.ca/nursechat](https://york.ca/nursechat)

TTY: 1-866-512-6228 (for the deaf or hard of hearing)

Email: [childfamily@york.ca](mailto:childfamily@york.ca)

## HEALTHY BABIES HEALTHY CHILDREN

1-877-464-9675

TTY 1-866-512-6228

york.ca



**Hours**

Monday to Friday: 8:30 a.m. to 4:30 p.m.

- Option to leave a voice message or email 24 hours a day
- You will receive a response on the next business day

**Cost**

This service is provided at no cost.

**After Hours**

For 24-hour support from a registered nurse on medical symptoms, breastfeeding information and whether you should care for yourself or seek other medical or community services, please contact Telehealth Ontario at 1-866-797-0000 or TTY: 1-866-797-0007 (for the deaf or hard of hearing).

## BREASTFEEDING SUPPORT

We continue to provide breastfeeding support; please call 1-800-361-5653 and press 2 to speak to a public health nurse, or visit [york.ca/nursechat](http://york.ca/nursechat)

Parents can get breastfeeding support at one of York Region's breastfeeding clinics (virtual services during COVID). Sessions are one-to-one with a nurse who has breastfeeding expertise.

Parents learn about:

- The importance of breastfeeding to the health of moms and children
- Tips for successful breastfeeding such as:
  - Helping baby to latch well and comfortably
  - Making sure baby is drinking well from the breast
  - Understanding milk supply
- Hunger and feeding cues
- How to know if their baby is getting enough to eat and growing well
- Strategies to work through breastfeeding challenges
- Ways to provide their baby with as much breast milk as possible

Families can call Health Connection at 1-800-361-5653 to make a *booked appointment*.