

# HEALTHY BABIES HEALTHY CHILDREN



## Supporting you and your child

Having a baby is an exciting and challenging time. You may have a lot of questions and need help adjusting to life with a new baby. Ontario's Healthy Babies Healthy Children program provides home visits to parents who need more support during pregnancy, after your baby is born and as your child grows.

Home visits help you learn about:

- having a healthy pregnancy and birth
- connecting with your baby
- how you can help your child grow and develop
- breastfeeding, food and healthy nutrition
- taking care of yourself and your family
- other services available for you and your child in your community

Participation in the program is voluntary. To find out more, contact your local health unit [ontario.ca/publichealth](https://ontario.ca/publichealth)

## Parenting tips for the first few months

The early years of your child's life are a very exciting time. Your baby is learning about you and the world around them. You are your baby's best teacher. How you care, talk and play with your infant will influence how your child learns and grows.

(continued on reverse)

Early experiences with you will benefit your child the most. Here are some suggestions to help you enjoy your time with your new baby in the first year:

- Babies love to be held. Take time to cuddle and hold your child.
- Comfort your baby when they cry.
- Learn your baby's cues — when they are hungry, sleepy or want to play with you.
- Breast milk provides all the nutrition your baby needs for the first six months. Feeding can be a special way to feel close to your baby.
- Speak in a soft, gentle voice to your baby.
- Talk to your baby about the things that are around them.
- Help your child explore safely. Share different textures, colours, sounds and smells.
- Share picture books and read simple stories, including in your first language.
- Babies learn naturally through play. Have fun through music, singing, and dance.

## More supports for new parents

- **Canadian Paediatric Society**  
[caringforkids.cps.ca](http://caringforkids.cps.ca)

Information for parents from Canadian paediatricians

- **Ministry of Children, Community and Social Services**  
[ontario.ca/earlychildhood](http://ontario.ca/earlychildhood)

Learn more about your child's development and find other helpful resources

For more information please visit:

[ontario.ca/publichealth](http://ontario.ca/publichealth)