



Eastern
Health

Home Visiting and Healthy Beginnings

The Population and Public Health Department provides support to every baby, mother, and new family at various stages to help infants and young children achieve their healthiest beginnings.

The Healthy Beginnings Program provides services to families, newborns, infants, and young children from birth to five years of age. Services provided through the Healthy Beginnings Program are voluntary, free of charge, and confidential.

Following the birth of your baby, a Public Health Nurse will call you within a few days of your hospital discharge to see how you are doing and to offer support. Home visits are provided if you need support to make a healthy adjustment after having your baby.

You can receive information and support from your Public Health Nurse on:

- Feeding your baby
- Staying physically and emotionally healthy
- Encouraging your baby's growth and development and the importance of early learning and child development
- Keeping your baby safe from physical harm through [immunization](#), [car seat safety](#), providing a [smoke-free environment](#), and following tips for preventing [Sudden Infant Death Syndrome \(SIDS\)](#)

For further information, please contact [your local Public Health Office](#).

RESOURCES

- [Immunizations, Government of NL](#)
- [Car Seat Safety, Health Information \(Hi\)](#)
- [Second Hand and Third Hand Smoke and Vapour, Health Information \(Hi\)](#)
- [Sudden Infant Death Syndrome, Health Information \(Hi\)](#)