

All parents need support sometimes

Give your children the best possible start in life



- **Home visits** by Public Health Nurses and Family Home Visitors
- **Parenting information** about caring for yourself and your baby, feeding your baby, safety, growth and development
- **Community resources** such as parenting groups, support programs and other services

Healthy Babies Healthy Children Program

This free program is for pregnant women and families with children up to age six.

Call 416-338-7600

 **TORONTO**
Public Health

 **Healthy Babies
Healthy Children**
TORONTO

www.city.toronto.on.ca/health