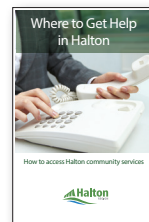




Message from the Medical Officer of Health

Spring is all about new beginnings which makes it the perfect time to talk about the important role that physicians play in helping families and children get the best possible start in life. This postcard provides information on how you can help families facing challenging life circumstances access extra support. Consider referring patients to the many pregnancy and parenting programs offered in the community by the Halton Region Health Department. You can also help connect patients to Halton community services by requesting a copy of *Where to Get Help in Halton* for your office by dialing 311, sending an email to access.halton@halton.ca or downloading it at halton.ca/povertyandhealth.



Dr. Hamidah Meghani
Medical Officer of Health, Halton Region

What's new for Halton physicians?



Referring patients to the Healthy Babies Healthy Children Program

Ontario's Healthy Babies Healthy Children (HBHC) Program supports families with children (prenatal to start of school) by providing information about child development, parenting and community services. It also offers home visits by Public Health Nurses and Family Visitors to families who may need additional support. To refer prenatal patients or families to the HBHC program, dial 311 and ask to make a referral. For more information, visit halton.ca/hbhc.

Supporting at-risk pregnant patients

The Halton Prenatal Nutrition Program (HPNP) supports women who are pregnant or have very young infants and may need some extra help throughout their pregnancy. At weekly sessions throughout Halton, women receive the support of a Public Health Nurse and a Registered Dietitian. Refer your patients to HPNP where they can receive no charge prenatal education, breastfeeding support, baby care information, vouchers for food and vitamins, a warm meal and group support. For more information, visit halton.ca/hpnp.

Supporting young families facing challenges

In Halton, there are many community-based programs that support young families facing challenging life circumstances such as isolation, language barriers, poverty and mental health issues. Neighbourhood groups meet weekly throughout Halton during the school year and there is no cost to participate. These programs are a collaborative effort with Early Childhood Educators, Public Health Nurses and Municipal Library staff. To learn more, dial 311 and ask to speak to HaltonParents.



Visit halton.ca/physicianupdates to sign up for important health updates emailed to you from the Health Department.



halton.ca 311

