

<p><b>IN THIS ISSUE:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Peel Public Health Pregnancy and Parenting Program Updates</b></li> </ul>	<p><b>FROM:</b> Kathryn Marsilio, MPH, MD, CCFP, FRCPC Associate Medical Officer of Health</p>
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**Key Messages:**

- Public Health programs for families are now available by calling 905-799-7700. Please share information with your patients.
- Services include infant feeding support, Healthy Babies Healthy Children Home Visiting program, Breastfeeding Companions Program and talk to a Peel Public Health Nurse.
- Effective March 1, 2024, the InJoy eLearning prenatal program will be discontinued.
- In-person prenatal classes, closed since 2020, will not be re-started.

**Peel Public Health Pregnancy and Parent Program Updates**

**Infant Feeding Support/Breastfeeding Companions**

Breastfeeding home visits are one-on-one sessions where families receive personalized care which may include help with positioning and latch and other recommendations.

All families needing infant feeding support are welcome to self-refer or can be referred by a health professional by calling us, whether they are mixed feeding (formula and breastfeeding) or exclusively breastfeeding. Our website includes helpful videos on formula preparation, bottle feeding and starting solid foods.

<https://peelregion.ca/children-parenting/feeding-baby/>

Encourage your patients to enrol in Breastfeeding Companions, a free peer support program, to talk with a parent who has breastfeeding experience. They can register online or call us:

<https://peelregion.ca/services/children-and-parenting/breastfeeding-companion-support/>

**Healthy Babies Healthy Children (HBHC) Home Visiting**

For families who need extra support, health professionals or patients themselves can call us for referral to this program. This is a free program available to pregnant people and families with infants and young children who are having challenging or stressful life situations. Public Health Nurses provide in-person home visits to help families learn about:

- Having a healthy pregnancy and birth
- Referring to the program prenatally
- Developing a positive relationship with their child
- Promoting their child's growth and development
- Connecting to community resources and programs
- Working together to give children the best start in life

<https://www.peelregion.ca/services/children-and-parenting/healthy-babies-children/>

**Talk to a Peel Public Health Nurse**

Call 905-799-7700 or 905-584-2216 in Caledon to make referrals or to talk to a Public Health Nurse. Experienced Public Health Nurses accept referrals from health professionals and self-referrals for infant feeding support/Breastfeeding Companions and the HBHC program from 8:30 a.m. to 4:30 p.m., Monday to Friday. They provide telephone support about:

- Healthy pregnancy
- Feeding for baby and child
- Postpartum mood and anxiety disorders
- Growth and development for children 0-6 years
- Sleep
- Home safety
- Toilet learning
- Child behaviour
- Community programs

<https://peelregion.ca/services/health-and-safety/talk-nurse/>

## **Prenatal Education**

Changes have been made to prenatal education offerings.

- Effective March 1, 2024, the InJoy eLearning prenatal program will be discontinued.
- In-person prenatal classes, closed since 2020 will not be re-started.

Our website will include information about prenatal class offerings (both in-person and virtual) that are available in the community through our partners.

<https://peelregion.ca/children-parenting/pregnancy/>

Additional information can be found at

<https://peelregion.ca/children-parenting/>