

MLHU Early Years Programs

	Healthy Babies, Healthy Children (HBHC)	Breastfeeding-only Support	Nurse Family Partnership (NFP)	Smart Start for Babies (SSFB)
Program Goal:	A home visiting program to promote optimal growth and development in children through prevention and early interventions.	Support through home and/or telephone visits are provided to families who are experiencing breastfeeding challenges in an effort to promote, protect and support breastfeeding.	An intensive home visiting program for young, first-time mothers, intended to improve pregnancy outcomes, as well as child health and development, and families' economic self-efficacy.	A Canadian Prenatal Nutrition Program provided by the Middlesex-London Health Unit (MLHU), offering free prenatal classes to improve the health of pregnant individuals and their babies, increase the number of babies born at a healthy weight, and reduce isolation among pregnant individuals experiencing food insecurities.
Who is the Program for?	<ul style="list-style-type: none"> ■ Pregnant or post-partum clients and families with children up to the age of school entry AND ■ Those identified as “with risk” on the Healthy Babies, Healthy Children (HBHC) screen (e.g., client impacted by factors, such as, isolation, substance use, unstable living conditions, physical and mental health challenges, experiencing parenting challenges, or child not reaching optimal child development) AND ■ Risk is confirmed through further assessment by MLHU Staff AND ■ Participant consents to a referral 	<ul style="list-style-type: none"> ■ Post-partum clients with infants under six weeks of age AND ■ Who are experiencing challenges with breastfeeding (see examples in topic areas below) AND ■ Participant consents to a referral 	<ul style="list-style-type: none"> ■ First-time pregnancy (and/or parenting) AND ■ Who are at 28 weeks gestation or less (referrals prior to 16 weeks gestation are preferred) AND ■ 24 years of age or younger AND ■ Who are experiencing financial hardship AND ■ Participant consents to a referral 	<ul style="list-style-type: none"> ■ Pregnant individuals of any age who are at 30 weeks gestation or less AND ■ Identify food insecurity as a challenge and have difficulty accessing healthy foods AND ■ Participant consents to a referral
How to refer a patient or self-refer?	<ul style="list-style-type: none"> ■ Refer a consenting client by submitting a completed HBHC screen through the MLHU website at https://www.healthunit.com/healthy-babies-healthy-children ■ Clients can also self-refer by calling the MLHU at 519-663-5317 ■ Clients “without risk” and/or breastfeeding concerns will not be contacted and will be discharged 		<ul style="list-style-type: none"> ■ Refer a consenting client by submitting a completed HBHC screen through the MLHU website at www.healthunit.com/nurse-family-partnership ■ Clients can also self-refer by calling the MLHU at 519-663-5317 	<ul style="list-style-type: none"> ■ Refer a client by completing the online community partner referral form available at www.healthunit.com/prenatal-health ■ Clients can also self-refer using the online registration form found at: www.healthunit.com/prenatal-health, or by calling the MLHU 519-663-5317

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Strategy:	<ul style="list-style-type: none"> ■ Visits with a Public Health Nurse (PHN) in the client's home ■ Visits take place every one to two weeks ■ Clients can remain involved with the program for about one year, based on the clients needs 	<ul style="list-style-type: none"> ■ Visits with a Public Health Nurse (PHN) in the client's home ■ Visits take place based on the client's needs (e.g., once a week) ■ Phone support is also provided between visits, as needed 	<ul style="list-style-type: none"> ■ Visits with a Public Health Nurse (PHN) in the client's home and/or a location in the community ■ Visits take place weekly and/or biweekly for the duration of the parent's involvement in the program, from pregnancy until the child's second birthday 	<ul style="list-style-type: none"> ■ Classes are delivered by a Public Health Nurse (PHN), a Registered Dietitian (RD) and the site coordinator at various locations in the community (i.e., family centres) ■ Classes are held weekly up until the time of birth ■ Specific class series are geared towards Arabic newcomers as well as young adults
Program topics / focus areas:	<p>The PHN provides support and education on a variety of topics based on the individual client's needs, which may include:</p> <ul style="list-style-type: none"> ■ Prenatal health ■ Optimal parental health ■ Breastfeeding support ■ Information and/or referrals to community resources ■ Healthy attachment ■ Nutrition and food security ■ Positive parenting ■ Safe environments ■ Optimal growth and development ■ Evidence-based assessments, screening tools and interventions ■ Financial skills ■ Access to iHEAL intervention program, to address Intimate Partner Violence 	<p>The PHN provides support and education on a variety of breastfeeding challenges, which may include:</p> <p>Maternal Issues</p> <ul style="list-style-type: none"> ■ Nipple pain or damage ■ Severe engorgement ■ Anatomical concerns with nipples (i.e., flat, inverted) ■ Medical history or conditions that affect breastfeeding ■ Multiple birth ■ Inadequate milk output ■ Induce lactation when adopting, surrogacy, etc. <p>Newborn Issues</p> <ul style="list-style-type: none"> ■ Tongue-tie or lip-tie ■ Weight loss ■ Inadequate weight gain ■ Use of alternative feeding methods (i.e., formula-feeding, cup, nipple shield, finger, bottle) 	<p>The PHN provides support and education on a variety of topics based on individual client needs, which may include:</p> <ul style="list-style-type: none"> ■ Support with achieving life goals, including school and or employment ■ Prenatal health ■ Optimal parental health ■ Breastfeeding support ■ Information and/or referrals to community resources ■ Healthy attachment ■ Nutrition and food security ■ Positive parenting ■ Safe environments ■ Optimal growth and development ■ Evidence-based assessments, screening tools and interventions ■ Financial skills ■ Access to iHEAL intervention program to address Intimate Partner Violence 	<p>The PHN, RD and site-coordinator work together to promote, support, and educate participants on topics, which may include:</p> <ul style="list-style-type: none"> ■ Healthy eating during pregnancy ■ Healthy choices ■ Fetal development ■ Labour and birth ■ Postpartum recovery ■ Breastfeeding ■ Newborn care ■ Becoming a family ■ Sexual health ■ Infant safety <p>Through this program, clients will also have free access to:</p> <ul style="list-style-type: none"> ■ Prenatal vitamins ■ Food vouchers ■ Healthy snacks, and ■ Transportation to and from the program

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