



Healthy Baby Program

Welcome to the Healthy Babies Program. Through this program, a nurse practitioner provides a comprehensive assessment of baby and preschool and school-aged children up to the age of 6.

The child is seen for his or her initial visit in the first 7 to 10 days following birth, and according to the Ontario immunization schedule thereafter. During these visits, the child's language skills, and fine and gross motor skills are assessed.

The nurse practitioner assesses the child's coping skills and development, as well as parenting skills using a variety of screening questionnaires.

The Healthy Babies program also includes consultations with a dietitian. The first visit takes place when the baby is 4 months old to discuss the introduction of solids. Additional appointments are held at 18 months and 4 years of age to provide advice on healthy eating to support optimal development of the child.

Resources

Health

- **Caring for Kids:** caringforkids.cps.ca
- **CHEO:** cheo.on.ca
- **CHEO | A to Z Resources:** cheo.on.ca/modules/atoz
- **CHU Ste-Justine | Health Promotion:** promotionsante.chusj.org/en/Home
- **Healthy Babies Healthy Children Program:** ontario.ca/page/healthy-babies-healthy-children-program
- **Kixcare | Virtual Pediatric Healthcare:** kixcare.com
- **From Tiny Tot to Toddler:** inspq.qc.ca/en/tiny-tot
- **Naître et grandir:** naitreetgrandir.com/en

Breastfeeding

- **La Leche League Canada:** lllc.ca
- **Lyne Lacroix, Lactation Consultant:** 613-361-7441

Daycare and playgroups

- **Les amis du CERF:** lesamisducerf.ca
- **EarlyON Child and Family Centres:** ontario.ca/page/find-earlyon-child-and-family-centre

Contact us



**Centre de santé
communautaire
de l'Estrie**

841 Sydney St., Unit 6, Cornwall
613-937-2683 | www.cscestrrie.on.ca

Every One Matters.