

ABOUT FAMILIES FIRST

Families First offers home visiting supports to families with children, from pregnancy to school entry. There is no cost.

Families First is delivered across the province by community public health. First a public health nurse will visit with you to talk about your family. Together you will decide what community resources would be best for your family.

Home visiting may be one of the options available to you. A home visitor will meet with you and your family on a regular basis for up to three years. The home visitor will support you in building a strong relationship with your child and family, while sharing information and suggesting activities to help your child grow up healthy and happy.



“Taking care of our children is the most important, most wonderful and often the most challenging job in our society.”

(How Your Baby & Child Learns: Penny Shore with the International Advisory Council on Parenting)

FAMILIES FIRST

Healthy Child Manitoba
219 – 114 Garry Street
Winnipeg MB R3C 4V6
Phone: 1-888-848-0140
website: www.manitoba.ca/healthychild

For more information on Families First, contact your community public health office.

Families First



For You, Your Child and Your Family

ARE YOU EXPECTING A BABY?
ARE YOU THE PARENT OF AN
INFANT OR A PRESCHOOL CHILD?

Families First

MAY BE FOR YOU.

- supporting healthy growth, development and learning
- building strong family relationships
- sharing information about child development

- providing information on health, safety and nutrition
- learning through play
- exploring solutions to challenging situations
- providing information about pregnancy
- getting health care for your family
- connecting to community resources

