



A child's early years from before birth to age six are very important. Healthy babies are more likely to develop into healthy children, and healthy children are more likely to grow up to be healthy teenagers and healthy adults

The Healthy babies Healthy Children program helps children get a healthy start in life in ways that honour and respect culture and beliefs.



**Contact:**

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Healthy Babies Worker

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**N'Swakamok Indigenous  
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**Hours**

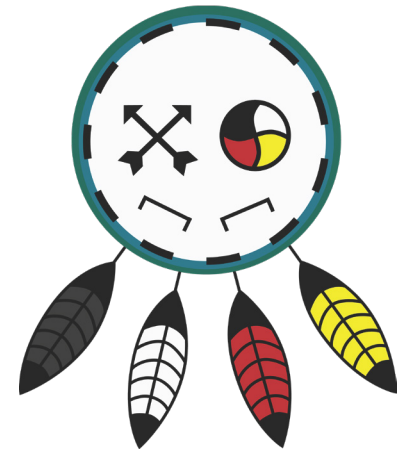
Monday - Thursday

8:30 to 4:30

Friday

8:30 to 2:30

# Healthy Babies Healthy Children



**N'Swakamok Indigenous  
Friendship Centre**

# Background

The Ministry of Children, Community and Social Services promotes healthy Indigenous communities through the Indigenous Healing and Wellness Strategy.

The strategy combines traditional and mainstream programs and services to help improve Indigenous health and reduce family violence.

These community based programs and services are available to Indigenous people living on-reserve and in urban and rural communities.

the Indigenous Healthy Babies Program is administered through the Ontario Federation of Indigenous Friendship Centres.

# Program goal and Objectives

The Goal of the Indigenous Healthy Babies Program is to improve the quality of life for urban Indigenous families. The program does this by promoting optimal physical, cognitive, communicative and social development in Indigenous children prenatal to age 6

The Services provided are as follows:

Home visits

Hospital visits

Support

Referrals

Community linkages



# Referrals and Linkages

- Aboriginal Prenatal Nutrition Program
- CAP-C (Community Action Program for Children)
- Healing and Wellness Program
- Alternative School
- Drug & Alcohol Program
- Courtworker Program (Family, Criminal)
- Indigenous Housing Support Program