

Public Health Early Years is comprised of Public Health Nurses (Registered Nurses), Community Home Visitors, Community Outreach Workers and a team of allied health professionals, who offer a range of services and supports for pregnant people and families with young children.

Public Health Early Years can provide support and guidance on issues like infant feeding, questions about sleep, mental health, growth and development, nutrition, parenting, social supports and more. This support can be provided on the phone, in the community, virtually, or in your home.

Early Years Services in Western Zone

**Supporting Annapolis, Kings, Digby, Shelburne,
Yarmouth, Lunenburg and Queens Counties**

- ✓ Home Visiting Program, which allows families prenatally up to age three to learn more about activities that support parent-child and family relationships, as well as healthy child development.
- ✓ Drop-in programs in partnership with Family Resource Centres.
- ✓ Connection with community organizations that serve families.
- ✓ Access to helpful resources around feeding and taking care of your baby.



Looking for support? Contact Early Years:

Phone (Toll Free): 1-833-601-0949

Email: earlyyearswwz@nshealth.ca

Web: www.nshealth.ca/parenting-supports