

AHBHC Program

The Aboriginal Healthy Babies Healthy Children Program (AHBHC) is designed to provide Aboriginal families healthy opportunities for the development of their children (0 - 6 years of age) through education, family home visiting, service coordination and referrals. It is a voluntary program open to any Aboriginal family who requests the service; the program ensures that families have access and support, inclusive of early intervention and prevention

services. Culturally appropriate and wholistic, the program begins during pregnancy and is carried through the critical years of early childhood education. It offers opportunities for healthy childhood development through participant based program activities.



AHBHC is funded through the Ministry of Community and Social Services and the Ministry of Health, in partnership with the Aboriginal Healing and Wellness Strategy.



**“TO IMPROVE THE QUALITY OF LIFE
FOR FIRST NATION, METIS AND INUIT
PEOPLE IN THE
URBAN ENVIRONMENT”**

AHBHC Worker

North Bay Indigenous Friendship Center

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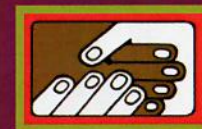
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North Bay Indigenous Friendship Centre



**Aboriginal Healthy Babies
Healthy Children Program**



*A healthy start lasts
a lifetime*

*The Aboriginal Healthy Babies
Healthy Children Program offers:*

- Home Visiting
- Assessing Strengths and Identifying Needs
- Education and Support:
(not limited to)
 - ⇒ Cultural Teachings
 - ⇒ Pregnancy and Birth
 - ⇒ Parenting
 - ⇒ Nutrition and Healthy Eating
 - ⇒ Growth and Development
 - ⇒ Early Identification / Screening
 - ⇒ Health and Safety
 - ⇒ Building Self-Esteem
- Promotion of Healthy Living and Healthy Relationships
- Service Coordination:
Links Families to Community



Healthy Babies...
Healthy Children...
Healthy Families...
Healthy Communities...



The Role of the Home Visitor

Home visitors deliver early education and support to families where they are - in their homes and on their terms.

Through home visiting, families can be educated and brought up-to-date on new information about health, child development and school readiness.

The Home Visitor is like an "auntie" to the family. They have experience and knowledge on children, and they know how to connect the family to supports in the community.

Home visiting is a bridge that links the resources of the community with the safety of the home environment, empowering even isolated parents to build a better future for themselves and their children.

Why Home Visiting?

Home Visiting promotes early learning - one family at a time.

Home Visiting improves family access to community services.

Home Visiting is an effective way to bring families and resources together to ensure that children grow up healthy and ready to learn,

Home Visiting reduces social / community isolation and builds bridges for families who want assistance.

Home Visiting is an Aboriginal cultural approach to supporting children and families.