



# HEALTHY BABIES HEALTHY CHILDREN

The Healthy Babies Healthy Children (HBHC) is a free, voluntary home visiting program. We support pregnant mothers and families with children from birth until entry to school.

*Some of the topics we support are:*

Breastfeeding

Infant Feeding and Introduction of Solids

Growth and Development

Newborn Care

Prenatal Support

Parenting Support

Mental Health Support

Access to Community Resources

*We're here to help!*

**519-258-2146 ext. 1350**  
Monday to Friday  
8:30 a.m. to 4:30 p.m.



[wechu.org](http://wechu.org)



*Scan this code to learn more about our programs.*