

Families First

For You, Your Child
and Your Family



Healthy Child Manitoba
Putting children and families first

Manitoba 

Are you expecting a baby?
Are you parenting an infant or
a preschool child?



Families First

may be for you



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

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.

Families First Home Visiting



- supports healthy growth, development and learning
- builds strong family relationships
- shares information about child development
- provides information on health, safety and nutrition
- learning through play
- encourages parents to help children learn
- explores solutions to challenging situations
- provides information about pregnancy
- helps families get access to health care
- connects families to community resources

"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 is delivered across Manitoba by community public health.

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.



Healthy Child Manitoba
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For more information on Families First, contact your community public health office or visit manitoba.ca/healthychild/familiesfirst