

Well Baby / Breastfeeding Program

In Partnership with Haldimand Norfolk Health Unit

A free program for parents of infants and toddlers. Talk to a Public Health Nurse about breastfeeding, infant feeding, growth and development and community resources. Meet your Early Years Facilitator and have your questions answered.

Location	Mon	Tues	Wed	Thurs	Fri
Caledonia Notre Dame Elementary 35 Braemar Avenue Caledonia		9:00-12:00 Nurse on site 9:30 - 11:30			
Delhi Delhi United Church 105 Church St., West Delhi				10:00-11:00 2 nd Thursday Nurse on site 10:00 - 11:00	
Dunnville Fairview Ave Public School 223 Fairview Ave., West Dunnville				9:30-11:30 Nurse on site 9:30 - 11:30	
Simcoe 12 Colborne St., North Simcoe			9:30-11:30 Nurse on site 9:30 - 11:30		

Well Baby Hot Topics

September Hot Topic: Infant sleep: learn about swaddling risks and safety.

Ask the Public Health Nurse about putting your baby back to sleep, decreasing the risks of swaddling and any other sleep questions you have.

October Hot Topic: Pacifiers and Breastfeeding: what you need to know!

Ask the Public Health Nurse about how your baby's pacifier might be causing breastfeeding problems, how to recognize your baby's feeding cues and other ways to soothe your baby.



November Hot Topic: Comforting your baby during painful procedures.

Learn ways to decrease your baby's pain during immunizations, such as skin to skin and breastfeeding.