Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

For Immediate Release

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RCDHU Launches Nurse-Family Partnership® Program to Support First-Time Parents

Renfrew County and District Health Unit (RCDHU) is pleased to announce the launch of the Nurse-Family Partnership® (NFP) program, a free and voluntary program that connects eligible first-time parents with a specially trained public health nurse during pregnancy and through the first two years of their child's life.

Through regular home visits, parents receive personalized information, encouragement and practical support. Nurses help parents **prepare for their baby's arrival, build confidence as a parent, and learn ways to help their child grow, learn and thrive.**

The program is built around each family's unique strengths, goals and needs. Nurses are there to listen, answer questions, help families navigate challenges, connect them with community services and resources, and support them in making informed decisions for themselves and their family.

NFP offers extra support to people preparing to parent for the first time who are experiencing financial challenges or have limited resources. The program is available to residents of Renfrew County and District who are 28 weeks pregnant or less. Parents can explore topics that matter to them, including pregnancy and preparing for their baby, family well-being, education, work and future goals.

NFP expands RCDHU's home-visiting services, which also includes the Healthy Babies Healthy Children program. Decades of research have shown that NFP can improve children's health and development and support parents' well-being.

RCDHU is now accepting enrolments and referrals. Expectant parents, families, and healthcare and community service providers interested in learning more about the program, eligibility or enrolment are encouraged to contact RCDHU.

For more information, visit RCDHU's Home Visiting Programs webpage, email familyhealth@rcdhu.com, or call 613-735-9774 or toll-free at 1-800-267-1097 ext. 589.

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