



## Accessing Early Years Support

All Nova Scotia residents who are pregnant or have young children can get support from Public Health. You can contact Public Health directly, or be referred to Early Years by a healthcare provider or community organization, like a Family Resource Centre. Contact information for your local Public Health Early Years team is on the back of this brochure.

Accessing services is encouraged as early as possible in pregnancy, ideally by 16 weeks. Whether you contact Early Years yourself, or are referred by someone else, you will be informed about the status of your referral and which services best suit your needs.

## Contact Early Years

### Central Zone Early Years

Halifax area, Eastern Shore, West Hants  
902-481-4967/1-800-430-9557 (Toll Free)  
earlyyears cz@nshealth.ca

### Eastern Zone Early Years

Cape Breton, Guysborough, Antigonish  
earlyyears ez@nshealth.ca

### Northern Zone Early Years

Colchester-East Hants, Cumberland, Pictou  
902-667-3319  
nzeynurses@nshealth.ca

### Western Zone Early Years

Annapolis Valley, South Shore, South West  
1-833-601-0949 (Toll Free)  
earlyyears wz@nshealth.ca

## Find Us Online



[www.nshealth.ca/  
Pregnancy-Supports](http://www.nshealth.ca/Pregnancy-Supports)



[www.nshealth.ca/  
Parenting-Supports](http://www.nshealth.ca/Parenting-Supports)



Public Health

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# Early Years

Pregnancy and parenting services from Public Health



Public Health



## Healthy Beginnings

Healthy Beginnings serves as a family’s first touchpoint with Early Years. Public Health Nurses (PHNs) meet one-on-one with families to find out which Early Years service would best suit their needs. They continue to support families during pregnancy and after the baby is born.

Public Health Nurses can offer support and guidance on issues like:

- Infant feeding
- Sleep
- Mental health
- Growth and development
- Immunizations
- Nutrition
- Parent-child relationships
- Social supports
- And more

Nurses work together with allied health professionals and community organizations to ensure people have access to the best information and services to meet their needs.



## Enhanced Home Visiting

Enhanced Home Visiting (EHV) is a free, voluntary home visiting program. Trained professionals called Community Home Visitors follow an evidence based curriculum to support parenting skills and child development, help clients identify and meet goals, and explore and build upon their strengths.

Community Home Visitors can provide guidance on:

- Infant feeding
- Parenting
- Child growth and development
- Parent-child relationships
- And more

Community Home Visitors may also work with PHNs or allied health professionals to support families’ unique needs. Support can start during pregnancy and continue for up to three years after a baby is born.



## Nurse-Family Partnership

Nurse-Family Partnership (NFP) is a free, voluntary home-visiting program, which pairs a specially trained PHN with a person who is pregnant with their first child and could benefit from additional support.

The partnership starts early, before 28 weeks in the pregnancy, and continues until the child’s second birthday. It is designed to:

- Help improve pregnancy outcomes
- Help children have positive health and development outcomes
- Set families on the best path forward for a healthy and happy life

To accomplish these goals, the PHN works with the client to identify their personal and parenting goals, to support the development of skills, and to move forward independently when the partnership is over.

*Service is currently available in select zones. See website for details.*