



Please encourage your prenatal clients to register for the **Best Beginnings Program** early in pregnancy!

### **Family Visiting Services**

Public health nurses provide home visiting services to vulnerable families in the region. These health promotion visits are more frequent and intense than the criterion-based one-time early postpartum visits. These visits are based on building trusting relationships with families; building family capacity and self efficacy; and facilitating access and equity.

Fraser Health is also working with the Provincial Government to implement the Nurse Family Partnership Program, an evidence-based home visiting program for young, first time mothers on low income.

Brought to you by Public Health and Maternal Infant Child and Youth Programs.  
[www.fraserhealth.ca](http://www.fraserhealth.ca)

For more information please call your local public health nurse

### Local Public Health Units

- Abbotsford**  
#104 34194 Marshall Rd | 604.864.3400
- Agassiz**  
7243 Pioneer Ave | 604.793.7160
- Burnaby**  
#300 4946 Canada Way | 604.918.7605
- Chilliwack**  
45470 Menholm Rd | 604.702.4900
- Delta – North**  
11245 84 Ave | 604.507.5400
- Delta – South**  
4470 Clarence Taylor Cres | 604.952.3550
- Hope**  
444 Park St | 604.860.7630
- Langley**  
20389 Fraser Hwy | 604.539.2900
- Maple Ridge**  
#400 22470 Dewdney Trunk Rd | 604.476.7000
- Mission**  
32618 Logan Ave | 604.814.5500
- New Westminster**  
#218 610 Sixth St | 604.777.6740
- Surrey – Cloverdale**  
#205 17700 56 Ave | 604.575.5100
- Surrey – Guildford**  
10233 153 St | 604.587.4750
- Surrey – Newton**  
#200 7337 137 St | 604.592.2000
- Surrey – North**  
10362 King George Blvd | 604.587.7900
- Tri-Cities – Port Coquitlam**  
2266 Wilson Ave | 604.777.8700
- Tri-Cities – Port Moody/Coquitlam**  
#200 205 Newport Dr | 604.949.7200
- White Rock/South Surrey**  
15476 Vine Ave | 604.542.4000

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# *Best for a healthy future* **BEGINNINGS**



• A Public Health Program •

## Public Health Services for Pregnant Women and Families with Children to Age Two

Information for  
**Maternity Care Providers  
& Community Partners**

 **fraserhealth**



## Best *for a healthy future* BEGINNINGS

### The Best Beginnings Program

The Fraser Health Best Beginnings program provides public health perinatal and early childhood services for pregnant and postpartum women, children to two years of age and their families. The program is an integral part of a continuum of maternal and child health services that includes primary care, acute maternity care and public health.

All women in Fraser Health have access to obstetric and pediatric care from physicians, midwives and acute maternity care. Women also have access to public health services that include health promotion, prevention and care strategies that focus more broadly on the social determinants of health that may have a significant impact on immediate and long-term health outcomes for mothers and babies.

The Best Beginnings program has been designed to provide both **universal services** available to all women, as well as **enhanced services** for more vulnerable women, children and families.

#### **Universal Services Include:**

- Prenatal registration that supports a prenatal registry
- Postpartum and newborn telephone health assessments within 24–48 hours of hospital discharge
- Clinic-based infant feeding and weight assessments
- 7 day a week telephone or clinic-based breastfeeding support services
- Follow-up telephone public health nurse call for all women at six weeks postpartum
- Health information and education
- Referrals as indicated

#### **Enhanced Services Include:**

- Brief intervention counselling for tobacco use
- Perinatal depression screening
- Nurse visits for women at risk for depression
- Longer term home visits for vulnerable families



### Prenatal Services

To support the establishment of a prenatal registry, all pregnant women who live in Fraser Health are encouraged to register early in pregnancy for the Best Beginnings program.

#### **The goal of this registry is to:**

- Provide health and community resource information to all pregnant women
- Identify vulnerable pregnant women who might benefit from public health services
- Provide evidence-based public health interventions to support healthy pregnancy

**Registration is easy!** Pregnant women just complete a brief registration form that is available at local health units, doctor and midwife offices, hospital pre-admission clinics, and community pregnancy outreach programs. Public health nurses review women's completed forms to identify those who would benefit from enhanced public health services that focus on tobacco use, perinatal depression, or social factors that may impact prenatal and infant health.

All women who register receive information packages that include the BC Baby's Best Chance parent handbook.

**Every year in Fraser Health** public health nurses provide telephone contact or home visits to approximately 1 of every 5 women who register for the program in pregnancy.



### Breastfeeding Support Services

Public health nurses offer 7 day a week telephone and clinic-based infant feeding assessments and breastfeeding support. Nurses also offer a free breastfeeding class for all pregnant women.

#### **The goal of this service is to:**

- Promote & support exclusive breastfeeding to six months as the optimal way to feed babies, with complementary foods at six months & continued breastfeeding to two years and beyond
- Decrease emergency room visits and hospitalizations for issues related to infant feeding

**In support of "Baby Friendly"** Fraser Health is implementing a Breastfeeding Policy.



### Postpartum Services

All new mothers are contacted by a public health nurse for a telephone health assessment within 24–48 hours of hospital discharge.

#### **The goal of this service is to:**

- Provide all mothers with assessment and education on: maternal physiological & psychosocial health; lifestyle & family support; infant health & feeding; safety & injury prevention; & health care follow-up
- Identify vulnerable women and newborns who might benefit from public health services
- Provide evidence-based interventions to support maternal, infant and family health

This assessment is guided by the Perinatal Services BC Maternal and Newborn Care Pathways. Women and infants identified with immediate health or safety issues that require medical attention are referred to primary care providers. Public health nurses provide home-based visits to approximately 1 of every 4 new mothers and infants.

#### **These visits are provided to:**

- Women identified as vulnerable due to social factors
- Infants in foster care or who have significant chronic health or developmental conditions
- Women unable to travel due to physical or cultural circumstances

To address the significant health inequities experienced by Aboriginal women & families, all Aboriginal women are offered a public health nurse home visit if they would like one.

Public health nurses are available at local health units to provide infant feeding assessments, weigh and assess newborns, provide parent education and make referrals as indicated.

**Every year in Fraser Health,** public health nurses provide telephone assessments for more than 17,000 postpartum women and newborns.