

## Calling all Families!

The Healthy Families Hamilton page is now live on Facebook. It is home to information and resources about pregnancy and parenting children from birth to age 6, provided by the Family Health Division in Public Health. Healthy Families Hamilton is updated daily by Public Health Services' registered nurses and registered dietitians. They share information, respond to questions and engage in conversation about pregnancy, breastfeeding, parenting, child safety, growth and development, healthy eating, and taking care of yourself as a parent.

Our Facebook page community has grown since its launch on September 9, 2013, with new "likes" joining the page daily. Families have engaged about everything from healthy school lunches and snacks, to sleep and car seat safety on the web page. We are thrilled to be part of this online space for families and caregivers and hope that you will keep the conversation going!

For more information and to join the community, please see:

<https://www.facebook.com/HealthyFamiliesHamilton>



Submitted by: Cathy Guffroy  
Public Health Nurse  
Reproductive & Child Health  
City of Hamilton