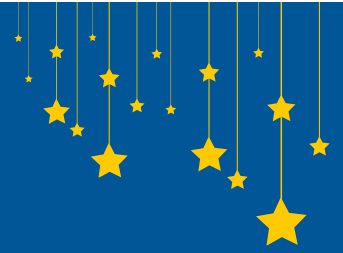


Newborn Wellness Program



Previously known as the Baby Box Program, the Department of Health has implemented the Newborn Wellness Program. In January of 2022, the Department of Health, after a thorough review of the Baby Box Program and based on research findings, cross-jurisdictional scans, and community consultations across the three regions of the territory, the Newborn Wellness Kit was developed to better meet the needs of both parents and infants.

Why is it important?

The Newborn Wellness Kit strives to further build upon the relationship of trust between caregivers and health care providers as part of upholding a culturally safe health care system.

The Newborn Wellness Kit is an educational and health promotion tool. As a program, it seeks to act as an entry point to accessing community health services during pregnancy and after the baby arrives.

The prenatal period is an ideal time to provide expectant parents and caregivers with information and resources in preparation for a child and a growing family.

Early and regular prenatal care is important to prevent pregnancy complications, support the health of parents and infants, and is recognized as a critical part of early childhood development and lifelong health. The implementation of the Newborn Wellness Kit during prenatal visits will provide families with the necessary resources, education and support during the early months of pregnancy.

What's in the Newborn Wellness Kit?

All items in the Newborn Wellness Kits are high quality and safe items, carefully selected to respect cultural, social, environmental, and ethical considerations (items may vary).



As part of the Newborn Wellness Kit provided in a diaper bag or backpack you will find:

- Hooded baby towel
- Washcloths
- Infant sleepers
- Infant diaper shirt
- Sleep sack/bag
- Receiving blankets
- Disposable diapers
- Baby Lotion
- Baby Wash/tearless shampoo
- Infant Health care kit
 - o Kits include nail clippers, nasal aspirator, thermometer, and silicone toothbrush in toiletry bag.
- Disposable nursing pads
- Diaper cream with zinc
- Printed Resource package:
 - o Packages include educational material on breastfeeding, infant safe sleep practises, tobacco reduction, etc.
- Inunnguiniq Childrearing Advice – Booklet

How do I get a Newborn Wellness Kit

Expectant parents or caregivers will receive a Newborn Wellness Kit during prenatal or well-child appointment at your local health centre or public health unit. During your first or second appointment, you will have an opportunity to register for a kit. You will be able to pick up your Newborn Wellness Kit at the health centre within six to eight weeks.

It is best to access the Newborn Wellness Kit within the first six months of the baby being born as the items are specific to this age range.

For more information, please contact newbornwellness@gov.nu.ca