



The Promise of A Healthy Start



The Alberta's Promise commitment of **A Healthy Start** is the promise "to nurture the growth and well-being of children in their early years, and to support parents."

By helping children get a healthy start in life, whether in the home, in school or in the community, Alberta's Promise partners build the foundation for successful child development, learning, and resilience later in life.

Promoting a healthy start

Alberta's Promise agency partners offer many programs and services that support a healthy start, including:

- Helping would-be parents plan their pregnancy and learn essential parenting skills;
- Educating teens about pregnancy (and prevention), and offering resources for teen parents;
- Educating parents and caregivers about the stages of healthy childhood development, including physical, cognitive, emotional and social milestones;
- Providing community resources and creating safe spaces for parents and children to learn and play together;
- Helping children feel supported and prepared for success in school and in social interactions;
- Supporting parents during times of financial or emotional stress, and helping children avoid toxic stress.

Consider making a difference by partnering with non-profit organizations that give children a healthy start. Whether your business wishes to contribute volunteer, in-kind or financial resources, Alberta's Promise can help.

Contact us at getstarted@albertaspromise.org or toll-free at 1-866-313-7500.

Family-friendly workplaces

One of the ways workplaces can support a healthy start for children is by adopting family friendly workplace practices. These are supportive policies, programs and practices to make it easier for parents to balance their work and family lives.

Family-friendly workplace practices include:

- Time off to care for family members during illness;
- Breastfeeding spaces for mothers;
- Leave policies for adoption or bereavement;
- Job sharing and work-from-home opportunities;
- Employee and family health benefits;
- Employee and family assistance programs;
- Child care support;
- Flexible work hours; and
- Hosting family oriented events.

How family friendly is your workplace 'community'? Find out at <http://www.childfriendlycommunities.ca>.

The Five Promises

Alberta's Promise helps businesses direct financial, time and in-kind resources to five key developmental building blocks needed by children and youth to reach their full potential in school, work and community:

1. **A Healthy Start**
2. **Caring Adults**
3. **Child & Youth Friendly Communities**
4. **Lifelong Learning**
5. **Opportunities to Contribute**

Learn more at www.albertaspromise.org/FivePromises.