

Relevailles service



Perinatal resources centres (CRPs in the French acronym) offer **relevailles** services to families of newborns. These services include personalized at-home support, tailored to each family's needs at the time of the visit.



What to expect

Families are assigned a perinatal assistant who performs weekly three-hour home visits.

Visit frequency and length varies based on needs and availabilities.

When visiting parents at home, perinatal assistants can:

- ▶ Take care of the baby (or babies)
- ▶ Care for the other children
- ▶ Do light housework
- ▶ Prepare snacks and meals
- ▶ Listen to, encourage and advise parents
- ▶ Provide information about local community resources

According to a 2013 study¹, relevailles services meet several needs, including:

- Reducing isolation
- Resting and having time for yourself
- Socializing and having conversations
- Getting emotional support
- Learning about baby's development
- Developing skills and knowledge about infant care

¹ Hamelin-Brabant, L., de Montigny, F., Roch, G., Deshaies, M.-H., Mbourou Azizah, G., Bourque Bouliane, M., Borgès Da Silva, R., & Comeau, Y. (2013). Vulnérabilité périnatale et soutien social en période postnatale : une recension des écrits. Rapport de recherche volet 1. D'un regard sur la vulnérabilité périnatale à une évaluation des services de « relevailles » offerts par les centres de ressources périnatales (CRP) du Québec. Québec, Canada : CHU de Québec Research Center.

This service may also be available during pregnancy, if you meet certain criteria, like having a high-risk pregnancy. Rates vary regionally, but are typically set based on the family's income.

About the CRPs

CRPs are community-based agencies that offer a full range of services and activities to all families in their region, from pregnancy through baby's second birthday. CRPs are members of the Quebec CRP network (Réseau des Centres de ressources périnatales du Québec, RCRPQ).

Learn more and find your local CRP at:
www.rcrpq.com

