

# For municipalities that support parents and babies

Municipalities play a key role in promoting the health and well-being of families during pregnancy and a child's early years. By improving access to culture, recreation, parks, childcare services, and community activities, they help address many challenges faced by young families, break isolation, and support social development. Through family-friendly urban planning, municipalities also encourage social participation and promote equality.\*



## How to make a difference?

### 1. Provide welcoming living environments for young children and their families

- Develop play areas and parks for families with young children, located within a short distance from homes, and ensure easy access for strollers and other child-related equipment.

### 2. Create breastfeeding-friendly environments

- Support breastfeeding by providing dedicated spaces for nursing, while ensuring the right to breastfeed anywhere and at any time is respected.

### 3. Enable all parents to care for their baby

- Provide inclusive, non-gendered spaces that allow both co-parents to change or care for their baby.

### 4. Include cooling zones and access to drinking water in public spaces

- Create shaded, refreshing areas to protect those more vulnerable to heat, such as young children and pregnant people.

### 5. Strengthen and support the perinatal community network

- Promote available services and activities for expectant and new parents, and provide free or low-cost spaces for community organizations.

\* Please note that several links and resources in this document are only available in French.

## Get inspired, take action!

### Family-friendly facilities

- The **mini-gym** and the *Parc des petits pas* in the municipality of Deschambault-Grondines are examples of recreational facilities specifically designed for the development of the youngest residents. Intergenerational swings are also growing in popularity.
- Following Terrebonne and Mascouche, the City of Montmagny has also installed **family-friendly public benches**. These benches stand out for their inclined armrests, designed for breastfeeding comfort, and their integrated table that can be used as a changing surface.
- The *I'm Thirsty for Health!* initiative, led by the Collectif Vital, aims to make water consumption easier in public spaces by improving the visibility of free water points for residents.



### Breastfeeding

- A resolution template is available for **Municipalities that support breastfeeding**. In 2025, the **City of Longueuil** joined the movement by creating more welcoming and inclusive environments where breastfeeding is supported, respected, and normalized in both public spaces and living environments.
- All libraries in the City of Laval are equipped with a designated **Breastfeeding area** designed for parents' comfort. These spaces feature comfortable chairs, a footrest containing a nursing pillow, and informational materials. Reserved primarily for feeding infants, these areas aim to make breastfeeding in public spaces easier and more normalized.

### Developing a FAMILY-first approach

- Municipalities can adopt a family policy and obtain the **Child-Friendly City** recognition, led by Espace MUNI. This recognition highlights a municipality's commitment to upholding children's rights and integrating their needs, priorities, and voices into public decisions, policies, and services.

**Want to learn more about these priorities and initiatives in perinatal?**

Visit [aspq.org](https://aspq.org) | [Becoming a Parent](#).

For more information, contact: **Association pour la santé publique du Québec** • [aspq.org](https://aspq.org) | 514 528-5811 | [info@aspq.org](mailto:info@aspq.org)

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