



Stepping into the future

Strengthening Children, Families and
Communities

For more information

To find out about services available in
your area please call your local Public
Health Nurse or your Regional NL Health
Services Office:

Eastern Region

St. John's (709) 752-4800 Holyrood (709)
229-1551

Central Region (709) 292-1204

Western Region (709) 637-5000

Labrador-Grenfell Region

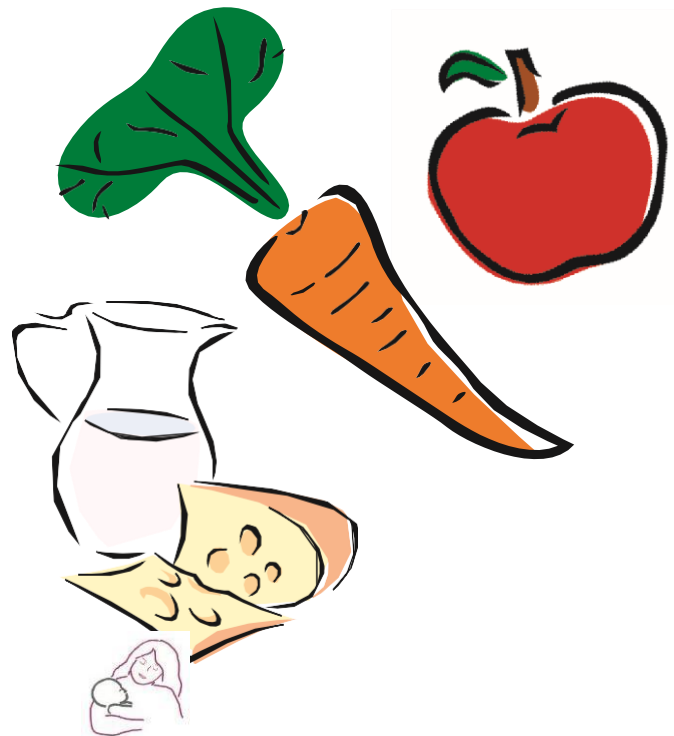
St. Anthony (709) 454-3333
Happy Valley-Goose Bay (709) 897-2000

**Or call the Prenatal – Early
Childhood Nutrition Supplement
Program 1-800-508-4788**

*The Prenatal – Early Childhood Nutrition
Supplement is delivered by the Department of
Children, Seniors and Social Development and the
Canada Revenue Agency on behalf of our
provincial government. It is part of the
Government of Newfoundland and Labrador's
Early Childhood Development Plan in
cooperation with the Government of Canada.*

Services for Babies and Families

Healthy Eating is
important.





Healthy Eating

Prenatal – Early Childhood Nutrition Supplement

In Newfoundland and Labrador, there are a variety of free programs and services available to pregnant individuals and families with young children. These services are voluntary and flexible in providing help and support with your questions and concerns. Some examples include:

- > If you are pregnant or have a young child, visiting your **Family Doctor** for regular check-ups.
- > Contacting the **Public Health Nurse** in your area who can provide:
 - *Advice by telephone or in person through office and/or home visits*
 - *Booklets or videos to borrow*
 - *Prenatal education sessions and support*
 - *Information about prenatal programs such as a Healthy Baby Club or a Parenting Program in your area*
 - *Services and supports through other post-natal programs such as Healthy Beginnings, Child Health Clinics and Breastfeeding Support Groups*

> Signing up for **Prenatal Education Classes**.

> Attending **Postnatal Programs** such as Healthy Beginnings, Child Health Clinics and Health Check Preschool.

> Accessing a Nutritionist and/or a Lactation Consultant, parenting programs and breastfeeding support groups.



The **Healthy Baby Club** is a prenatal program offered by some Family Resource Centres. You may be able to join other pregnant individuals in various locations throughout the province to:

- > Learn about prenatal care and healthy lifestyles
- > Receive free food supplements
- > Get support from a caring Resource Mother
- > Get advice and support for breastfeeding and caring for your baby



Numbers to helpful services...

Prenatal – Early Childhood Nutrition Supplement 1-800-508-4788

**Child Tax Benefit
1-800-387-1193**

**Parent Help-Line (on line service)
www.parenthelpline.ca**

**Pediatric Advice Line
811**

**Mental Health Crisis Line
811**

**Newfoundland and Labrador Health Line
811**

**St. John's Prenatal Education Centre
To apply for a registration form
(Health Science Centre) 1-709-777-7409**