



## 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 Health and Community Services Office:

### Eastern Health:

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 Infant Nutrition Supplement Program 1-800-508-4788**

*The Prenatal Infant Nutrition Supplement is delivered by the Department of Children, Seniors and Social Development and the Canada Customs and 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 Mothers Babies and Families

Healthy Eating is important for you and your baby...





# Healthy Eating for Healthy Babies

## Prenatal Infant Nutrition Supplement

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

- > If you are pregnant or have a young child, visit your **Family Doctor** for regular check-ups.
- > Contact 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 you can 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, Breastfeeding Support Groups.*

### > Sign up for **Prenatal Education Classes**

> Postnatal programs such as Healthy Beginnings, Child Health Clinics and Health Check Preschool.

> Access to 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 Centre Programs. You may be able to join other pregnant mothers in various locations throughout the province to:

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



### **Numbers to helpful services...**

**Prenatal Infant Nutrition Supplement**  
1-800-508-4788

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

**Parent Help-Line (on line service)**  
[www.parenthelpline.ca](http://www.parenthelpline.ca)

**Pediatric Advice Line**  
1-866-722-1126

**Mental Health Crisis Centre**  
1-888-737-4668

**Newfoundland and Labrador Health Line**  
1-888-709-2929

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

**Parental Benefits Program**  
1-866-990-3444