



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
Authority:

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 Early Childhood
Nutrition Supplement Program at

1-800-508-4788

*The Prenatal Early Childhood Nutrition
Supplement is delivered by the Department of
Social Supports and Well-Being 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.*



Canada

Services for Babies and Families

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



Healthy Eating for Healthy Babies



Healthy Eating for Healthy Babies

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 Centres.

You may join other 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 Parent
- > 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
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