

# “HEALTHY MOTHER... HEALTHY BABY”

## Prenatal Information for You and Your Baby.

### Public Health Nursing:

Information about pregnancy, birth and infancy is available through group and individual sessions. Call your Public Health Nursing office **early** in your pregnancy.

O’Leary .....	902-859-8720
Tignish.....	902-882-7366
Lennox Island .....	902-831-2711
Summerside.....	902-888-8160
Kensington.....	902-836-3863
Wellington .....	902-854-7259
Charlottetown.....	902-368-4530
Montague.....	902-838-0762
Souris.....	902-687-7049



### Family Resource Centres:

Canada Prenatal Nutrition Program(CPNP) offers information and support to pregnant and parenting women and their families in a home-like environment. Drop by or call ...

Kids West	Alberton	902-853-4066
Family Place	Summerside	902-436-1348
Cap enfants	Wellington	902-854-2123
CHANCES	Charlottetown	902-892-8744
Mi’kmaq Centre	Charlottetown	902-892-0928
Families First	Montague	902-838-4600
Main Street	Souris	902-687-3928

**Call or visit your local Public Health Nursing office or Family Resource Centre for more information. Over →**

## Public Health Nursing

Call your Public Health Nursing office early in your pregnancy.

Prenatal class topics include:

→ So We're Pregnant

Changes in pregnancy/baby's growth, breathing and relaxation, information about routine medical tests, community resources, services and supports.

→ Healthy Mother...Healthy Baby

Importance of healthy eating for you and your baby.

→ Preparing for Childbirth

Information and videos about signs and stages of labour, comfort measures, breathing and relaxation skills for pregnancy, labour & delivery and breastfeeding.

→ Hospital Tour

Tour the labour & delivery and mother/baby areas.

→ New Family

Physical and emotional changes after birth  
Adjusting to new family and parenting.

→ Breastfeeding begins before Baby Arrives

Getting started, positioning, and signs your baby is getting enough milk and awareness of support groups and resources.

## Family Resource Centres

They offer such things as:

- Pre & postnatal information and support groups
- Parenting skills training/Parent support groups
- Books, videos and equipment
- Nutrition information, snacks and/or home-cooked meals
- Breastfeeding, equipment and support
- Free, used clothing and baby equipment
- Cooking groups/community kitchens
- Smoking cessation programs
- Teen parent groups
- Drop-in play
- Home visiting service

*Assistance with childcare and transportation may be available.*

**Health PEI**  
One Island Health System

***All of these services can be tailored to individual needs and are provided free of charge.***

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