

## Sample topics

- ⇒ Breastfeeding
- ⇒ Nutrition on a budget
- ⇒ Music and your baby
- ⇒ Baby blues
- ⇒ Developmental issues
- ⇒ Daycare
- ⇒ Midwives / Doulas
- ⇒ Child and Infant CPR
- ⇒ Wills / Guardianship
- ⇒ Shopping tours
- ⇒ Fire safety
- ⇒ Breast health
- ⇒ Infant and family nutrition
- ⇒ Daddy roles
- ⇒ Role adjustments after baby
- ⇒ Brain growth
- ⇒ Travel with baby



## Our Location

We are a  
**Healthy Baby Site**

We meet at  
Braeside Church  
**1011 Munroe Ave.**  
(Louelda and Munroe)

From  
**1:15 pm – 3:15 pm**  
On **Thursday** afternoons

For further information about the program  
please call

**Diana – Facilitator**

Located at 545 Watt St  
The Elmwood Community Resource Centre At  
**982-1720** ext. 204



## HEALTHY BABY PROGRAM



545 Watt St.  
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# Elmwood Youth Employment Experience—Healthy Baby

Are you expecting a baby or do you have a baby less than 1 year?

*Come to Parents Connecting – Growing Baby and meet other parents in a relaxed atmosphere.*

- ⇒ We offer opportunities for parents to make connections with other parents from the community as well as professional and support staff.
- ⇒ The babies also have opportunities to make connections with other babies. (It is a fascinating thing to see!)
- ⇒ Parents are invited to participate with our community nutritionist in making a nutritious snack that we all share during the session.
- ⇒ We share rhymes and songs that you can take home with you.
- ⇒ Learning new parenting skills and tips.



Healthy Baby Provides..

- ◆ Expectant parents and mothers of babies up to 6 months old may receive milk coupons and bus tickets.
- ◆ You will have the opportunity to meet with the public health nurse, nutritionist or outreach worker on site.
- ◆ We offer free childcare for your children between 1 and 6 years old. (Children under one year stay with their parents.)

We encourage partners or support persons to attend and participate. We would be glad to have them.

