

# Becoming a parent?

Public Health  
is here for you!



A dedicated nurse may visit your home to support you through pregnancy, after your baby is born, and while your child grows. Participants will receive certain new parenting essentials.

**It is free and confidential.**



Learn more at  
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Having a baby can be both exciting and challenging! Your personal public health nurse can answer your questions and help you adjust to life with your new baby.



Have a healthier pregnancy



Understand how your baby grows and learns



Work on your own personal goals as a parent



Connect with programs in your community

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