

HEALTHY BABIES



A NURTURING CONNECTION FOR YOU AND YOUR BABY

Healthy Babies supports pregnant and parenting families and provides services in many areas

Topics I'd like more information on (please check at least one)

- Building my confidence as a parent
- Calming my baby when they cry
- Household safety
- Managing my stress
- Family planning/birth control
- Support/someone to talk to
- Daily care for my baby
- Other: _____
- Finances/budgeting
- My baby's development
- Feeding my baby (breast or bottle)
- Pre/postnatal depression
- Overcoming feelings of anxiety
- Community resources
- Childcare referrals

To be contacted by Healthy Babies, please complete the following:

Name: _____ Email: _____

Zip Code: _____ Phone Number _____ Est. Due Date _____



Learn more about Healthy Babies at our website
www.caofnc.org/healthy-babies/



Western County: 530-559-6129 | Eastern County: 530-559-9497

Fax: 530-265-4410 | Email: HealthyBabiesInfo@caofnc.org

Healthy Babies



**Healthy Families
America** — AFFILIATE —