



## **“ A Baby Counts”**

### **Is this program for you?**

Our CPNP program is for all pregnant women/teen or mother with a child under the age of one.

### **A Baby Counts may be for you if:**

- You have questions/concerns about and you would like up to date information about pregnancy, childhood development or parenting.
- You would like social and emotional support: someone to talk too.
- You would like support in maintain a healthy lifestyle.
- You would like to meet other mothers and share experiences.

## **Who do you contact?**

### **About Us**

A Baby Counts: Canada Prenatal Nutritional Program offers non-judgmental support, education and advocacy for women and teens.

### **Contact Us**

CPNP coordinator

Hours: Monday – Friday 9am-5pm

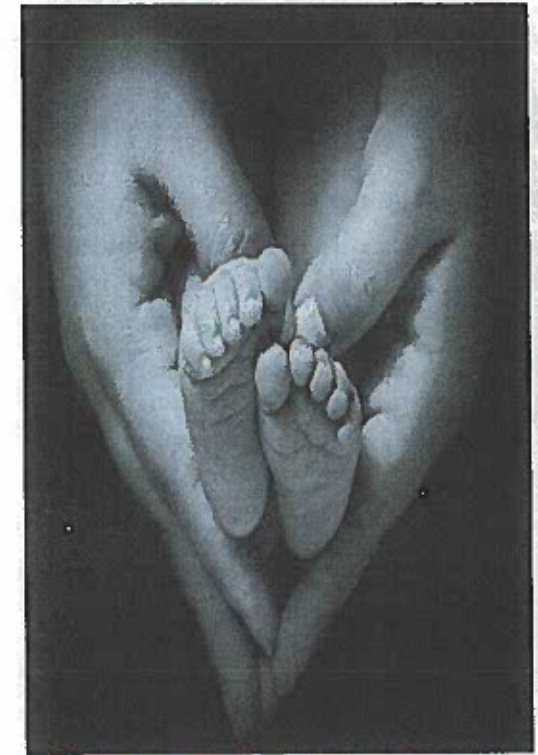
Phone: 780-926-3355

Cell Phone: 780-926-6017

Email: [hlnfcs.cnpn@gmail.com](mailto:hlnfcs.cnpn@gmail.com)

All services are free and confidential.

“A Baby Counts” Canada Prenatal Nutrition Program is funded by Public Health Agency of Canada and sponsored by the High Level Native Friendship Centre



## **“A BABY COUNTS”**

*The ABC's of a Healthy Pregnancy*

*.....for all pregnant and parenting women of all ages and cultural backgrounds.*

*We offer services in High Level, Fort Vermilion, Paddle Prairie, and La Crete.*

## What is “A Baby Counts”?

A Baby Counts provides nonjudgmental support, education on pregnancy and parenting for women of all ages and cultural backgrounds.

A Baby Counts supports women to make healthy choices about:

- Nutrition
- Breastfeeding
- Smoking
- Alcohol consumption
- Healthy relationships
- Family planning
- Parenting support
- Self-care/Stress reduction

A Baby Counts offers Home Visits, Office Visits, and Parenting Programs.

A Baby Counts works with Public health nurses and dieticians in local communities to provide reliable p to date information.

Mothers participating in “A Baby Counts” choose which services they receive.

## How will you be supported?

A CPNP worker can visit you in your home every month. The CPNP worker has experience and training with pregnancy and parenting. Our CPNP worker understands the stresses of pregnancy/parenting and is trained to help you with your questions or concerns.

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*“Real help, Right here, Right Now...”*

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## Are there group activities?

Groups provide the opportunity for mothers to share their experiences. Attending groups also gives mothers the chance to gain extra milk coupons as well as other incentives.

The following groups may be available in your communities:

- Baby Food Making
- Collaborative Kitchens
- Breast Feeding support
- Dietician Visits
- Stress Management sessions
- Parenting programs
- Infant Safety
- And many more.....



## How will you Benefit?

A Baby Counts offer:

Pre and Post-natal support for Mother and Child.

Support in decision making.

Information and answers to your questions about pregnancy, childhood development, and parenting.

Free Milk and Veggie coupons, prenatal vitamins, and Vitamin D supplements to eligible mothers.

Traditional parenting and teachings.

Connections to community services.

Parenting programs and group activities.

Books, videos, brochures, and parenting magazines.