



Preparing for Parenthood

Pregnant? Planning? This is often a time full of many questions. This **free** program offers information about having a healthy pregnancy and becoming a parent.

Join us, relax, ask questions, share your concerns and experiences and connect with others. **Registration is ongoing.**

Topics May Include:

- Community Resources & Baby Basics
- Healthy Eating Before & After Baby
- Safety in the Home
- Car Seat Safety
- Baby Cues and Sleep

Visit our website for a full list of topics and locations.

register at

<http://www.earlyyearsinfo.ca/preparing-for-parenthood.html>