



Region of Waterloo
PUBLIC HEALTH

Child and Family Health

We support parents and families by:

- helping expectant parents get ready for a new baby
- checking to see how a mom and new baby are doing
- providing parents with information
- answering parents' questions
- connecting families with community programs

We can talk to you about:

- breastfeeding
- life with a new baby
- child health, development and nutrition
- child safety
- parenting children
- community services for parents

We help build healthier families by:

- supporting children's best growth
- increasing parents' confidence
- connecting parents to services in their own community





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To speak with a Public
Health Nurse, call:

Healthy Children Info Line

519-883-2245

TTY: 519-883-2427

www.regionofwaterloo.ca/ph

Region of Waterloo Public Health
99 Regina Street South, Waterloo
150 Main Street, Cambridge

