



## TRANSITION TO PARENTING PROGRAM



### WHAT IS TRANSITION TO PARENTING?

The arrival of a new baby in the family brings great joy, discovery and many unexpected surprises. The transition to parenting is a time of many changes and challenges for expectant and new parents.

### WHO IS THIS FOR?

The program is open to all parents who are expecting a baby and to new parents in the early months.

### WHAT TO EXPECT?

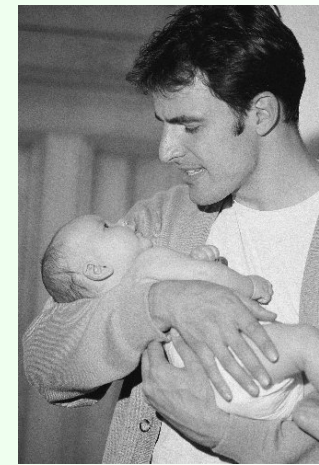
The program is designed to be offered in a series of classes or as individual workshops. Topics include:

#### PRENATALLY

- ♥ Newborn care
- ♥ Postpartum changes
- ♥ Breastfeeding

#### POSTNATALLY

- ♥ Common infant illnesses and immunization
- ♥ Growth and development
- ♥ Infant feeding and safety
- ♥ Child care and preparing to go back to work
- ♥ Community resources and services



### WHEN DOES THE PROGRAM START?

The Transition To Parenting Program can be offered prenatally and consists of two prenatal sessions in the last trimester of your pregnancy.

The Transition to Parenting Program continues after the birth of your baby and can be offered as a series of 4 parenting sessions starting at approximately 4-8 weeks after the birth of your baby.

For more information contact  
the Health Info Line at  
613-735-8666  
or  
1-800-267-1097, Ext. 666.