

“What I Liked Best About Having A Public Health Nurse”

Comments from Parents:

“The examination of the baby—well done & thorough.”

“Fantastic help w/breastfeeding!
I don’t think I would be breastfeeding now if the public health nurse hadn’t helped me.”

“This is my 5th child so everything was pretty familiar – But it is nice to be reassured that you are doing all you can and that you are doing things right.”

“It is nice to know that after only 2 days in the hospital after giving birth, that my baby and I would be followed up on and not made to feel we were “all on our own” so suddenly.”

“The public health nurses listen to my feelings and concerns. . .and made me feel at ease to open up and be honest.”

“I will never forget how much better I felt after talking to her about the depression I was going through after birth.”

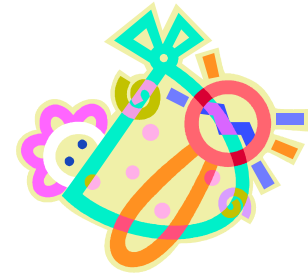
“Very sensitive to my needs and concerns.
Professional and non-judgmental.”



For more information call a Parent & Child Health Nurse at **878-2870** (Joan) or **1-888-818-4511**. **All of the following services are of no direct cost to you.** Costs are covered through some insurance companies, Carlton County Family & Children Services Collaborative, and other funding sources (federal, state, and local).

CCPH/PCH 05/19/09

Carlton County
Public Health Nurses
Want To Join With You
As You Begin
Your Parenting Journey



Home Visits by a
Registered Nurse
specializing in
Parent & Child Health

These visits are at no cost to you.
Call 218-879-4511 or 1-888-818-4511 and ask to speak with a Parent Child Health Nurse

PREGNANCY



Public Health Nurses offer visits during your pregnancy providing support, health counseling, and information on:

- Normal signs and symptoms of pregnancy
- Labor and Delivery
- Exercise and Sexuality
- Warning Signs During Pregnancy
- Preparation for Parenting
- Physical and Emotional Changes
- Nutrition
- Breastfeeding Information and Support
- Newborn Cares
- Growth and Development
- Healthy Promise—Earn a \$25 Gift Card
- Community Resources

POSTPARTUM /WELL BABY

When you arrive home with your baby, a home visit by a Public Health Nurse includes:

- ◆ WEIGHING YOUR BABY
- ◆ ASSESSING YOUR BABY FROM HEAD TO TOE
- ◆ INFORMATION ON:
 - ! Sleep habits
 - ! Feeding your baby
 - ! Infant Cues
 - ! Playing with your baby
 - ! Mom's body and the changes you are going through
 - ! Postpartum Depression Screening
 - ! General baby cares
 - ! Immunizations
 - ! Community Resources
 - ! Safety
 - ! AND MORE!
- ◆ NUMBER OF VISITS VARIES WITH EACH FAMILY



OTHER PROGRAMS:

- ◆ **Seeing Is Believing:** A fun way for parents to learn about their child's development and the strengths of the parent-child interaction. Create a video keepsake with your PHN for the family to watch again and again.
- ◆ **Infant Massage:** Learn about caring touch, benefits of massage, how to help reduce baby's discomfort of gas or constipation, and baby's cues. Facilitated by a certified infant massage instructor.
- ◆ **Breastfeeding Support / Lactation Consultant:** All of our nurses have received intensive training, and can provide breast feeding support and information on a home visit or by telephone.
- ◆ **Follow Along Program:** A fun and easy way to learn at home about your child's health and development. Provides ideas about *what to teach* and *at what age* to teach it. A simple way to ask questions about how your child is playing, talking, growing, moving, and acting.
- ◆ **Books4Babies Program:** Build and strengthen your baby's brain connections by talking, singing, and sharing books with your child.
- ◆ **Young Parents Program:** Weekly classes for pregnant and young parents include parent child together time, family meal, fun projects and supportive environment. Childcare is provided.
- ◆ Ask about receiving a **free Professional Portrait** for accepting a home visit!