

Having a Baby?



Healthy Baby
community programs – support,
information and resources for
pregnant women and new parents.

At a Healthy Baby group, you can:

- Learn about your pregnancy and your baby's development
- Get parenting support and infant development information
- Learn about healthy nutrition and healthy lifestyle options
- Connect with other parents

The Manitoba Prenatal Benefit will:

- Provide you with a monthly cheque if your net family income is less than \$32,000 a year
- Help you buy healthy foods that provide good nutrition for you and your growing baby

For information about a Healthy Baby program in your area, please call 204-945-1301 (in Winnipeg) or toll-free 1-888-848-0140. You can also visit our website at manitoba.ca/healthychild or contact your local public health office.



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