



# Public Health Pregnancy Support

Are you pregnant and would like to talk to a Public Health Nurse before your baby arrives?

Early Years Public Health Nurses can help you learn what to expect while you are pregnant and when you bring your baby home.

## Public Health Nurses can offer:

- ✓ Prenatal information and support
- ✓ Infant feeding and nutritional support
- ✓ Healthy development and parenting support
- ✓ Positive parent-child interaction guidance
- ✓ Maternal mental health support
- ✓ Connection to community resources and programs
- ✓ Information and support regarding infant and childhood Immunization

## Contact Public Health Early Years in Eastern Zone



Email: [earlyyoursez@nshealth.ca](mailto:earlyyoursez@nshealth.ca)  
[www.nshealth.ca/pregnancy-supports](http://www.nshealth.ca/pregnancy-supports)

*Serving Cape Breton, Antigonish and Guysborough Counties*