

Looking for more info
about Maternal/Child
Health?



Check out these sites!

**Centers for Disease
Control and Prevention**
www.cdc.gov

**New York State
Department of Health**
www.health.ny.gov

**Ontario County
Public Health**
www.co.ontario.ny.us

Ontario County Public Health

3019 County Complex Dr.
Canandaigua, NY 14424

Phone 585-396-4343
Fax 585-396-4551

www.co.ontario.ny.us



OCPH



Public Health
Prevent. Promote. Protect.
Ontario County, NY

MCH Program

Maternal/Child Health



*In Ontario County, children
are 21% of our population
and 100% of our future.*

Ontario County Public Health



Raising kids is enjoyable and rewarding, but it isn't always stress-free. When you welcome a new little person into your home, it is normal to feel a bit overwhelmed. There is so much to think about and so many things you are now expected to know. The Maternal/Child Health Nurses at Ontario County Public Health would love to help you as you get adjusted to your new role as a parent. They can provide information on infant care and feeding, parenting, and family planning. Most importantly, they listen and offer information, support and encouragement. Call 1-800-299-2995 to set up an appointment.

Help and Support

Maternal/Child Health nurses assist with:

- ◆ Newborn care
- ◆ Breast feeding
- ◆ Bottle feeding
- ◆ Basic parenting
- ◆ Planning your family
- ◆ Eating healthy
- ◆ Finding resources in your community

Whether you talk to one of our nurses by phone or invite her to your home, we are here to offer education and support and to connect you with services in your community.



Planning a Pregnancy



13 Week Ultrasound

Your health before you get pregnant affects your baby's early development. Visit your doctor before getting pregnant to talk about your diet, medical conditions, medications and family history. Ask about screening tests and vaccines. Now is the time to stop using cigarettes, alcohol and street drugs. These substances harm you and the baby that will grow inside you.

Every woman trying to get pregnant (or not using reliable birth control) should take 400 mg of folic acid every day.
