



Is there a
baby in your
future?

Plan for it.

You plan for school,
work, holidays and
even your retirement.
What about your baby?
Talk to your health care
provider or contact your
local public health unit,
1-800-268-1154 about
the things you and your
partner can do to plan
for a healthy baby.

www.healthbeforepregnancy.ca



Ontario's maternal, newborn and early
child development resource centre

Centre de ressources sur la maternité,
les nouveau-nés et le développement
des jeunes enfants de l'Ontario