



Planning or **EXPECTING** a baby?

**Grey Bruce Public Health offers a FREE
online prenatal education program**

Bump to Baby – a guide to pregnancy, birth and caring for your baby is free and provides information on:

- pregnancy
- labour and delivery
- feeding your baby
- caring for your baby and keeping them safe
- parenting
- helpful resources

Access the program online:

www.publichealthgreybruce.on.ca/onlineprenatal



Complete the program **at your own pace.**

**If you have questions about *Bump to Baby*,
call 1-800-263-3456 extension 5.**



Grey Bruce Public Health
publichealthgreybruce.on.ca