

Public Health Nurses, working with your health care provider, can provide ongoing pregnancy, postpartum and parenting support to parents of newborns!



### **CONGRATULATIONS!**

**We look forward to being a resource for you and your family**

## **RESOURCES**

Text 4 Baby  
[www.text4baby.org](http://www.text4baby.org)

Maternal, Infant and Early Childhood Home Visiting Initiative  
[http://www.health.ny.gov/community/infants\\_children/maternal\\_infant\\_early\\_child\\_home\\_visit/](http://www.health.ny.gov/community/infants_children/maternal_infant_early_child_home_visit/)

CDC Maternal and Infant Health  
[www.cdc.gov/reproductivehealth/maternalinfanthealth](http://www.cdc.gov/reproductivehealth/maternalinfanthealth)

United States Consumer Product Safety Commission  
[www.cpsc.gov/](http://www.cpsc.gov/)

**For More Information about Orleans County Public Health:**



## **Orleans County Public Health Nursing**



### **MATERNAL AND CHILD HEALTH SERVICES**



14012 Route 31 West  
Albion, New York 14411  
585-589-3278

<http://www.orleansny.com/PublicHealth>

SERVICES ARE PROVIDED BY **REGISTERED NURSES** – **FREE OF CHARGE** –  
TO **ALL PARENTS** of NEWBORNS

**PRENATAL SERVICES  
BY REFERRAL**

- Provided by a Certified Childbirth Educator
- Home visits, as a way to complement doctor visits, are available to provide support and education during pregnancy
- Childbirth education classes



**POSTPARTUM /  
NEWBORN SERVICES**



- Health education and guidance are available for newborns, new moms, and their support systems
- In-home breastfeeding support
- Weighing the baby, in home, to monitor growth
- Linkage to community resources

**GET AHEAD OF LEAD**

Lead poisons people, especially children. Once lead is in their bodies, it can cause all sorts of health problems, at times with no signs/symptoms. Lead can be found in paint, dust, soil and water. Having your child tested at ages **one** and **two** is highly recommended. Contact your health care provider or the Orleans County Public Health Nursing Team for more information and/or testing.



During pregnancy it is important to protect yourself and your baby from elevated lead levels. Ask your health care provider about having your lead level tested.