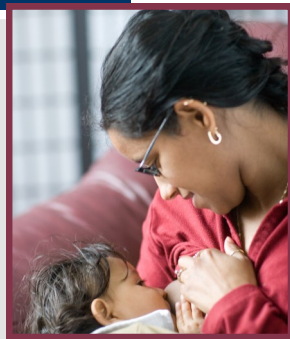


## What are BIB Education Groups?

Every two or three weeks, expectant moms and new parents are invited to attend a drop in education group. Childcare is provided by trained staff for infants and siblings while adults enjoy learning and sharing with each other. Group topics include:

- Infant massage
- Making Baby Food
- Prenatal Nutrition
- Breastfeeding
- Post Partum
- Mood Disorder
- Container gardening and more..



For more information visit our website at [www.fsca.ca](http://www.fsca.ca) or phone 403-343-6400



Canada

Building Incredible Babies is a Canadian Prenatal Nutrition Program funded by the Public Health Agency of Canada.

FSCA is a registered charity that has been helping families in Central Alberta since 1971. Our agency appreciates all donations and tax receipts are available for donations over \$10. To learn more about donating your time or money to our organization please visit our website at [www.fsca.ca](http://www.fsca.ca)



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## Building Incredible Babies



Where Family Comes First

Being pregnant and giving birth to a healthy baby can be one of the best experiences in your life. **The most important time in a baby's development, is while you are pregnant.**



The best thing you can do is take care of yourself so that you and your baby are healthy and the **Building Incredible Babies Program** is here to help.

## What is the Building Incredible Babies Program?

BIB is a no cost voluntary program that offers:

- Home visitation and Education groups
- Information for expectant parents to make healthy choices for themselves and their baby
- Support on healthy eating and breastfeeding
- Low cost and nutritious cooking group
- Post partum and early parenting information
- Vitamin and food supplements for families experiencing financial challenges

## How do I qualify?

If you live in Red Deer or surrounding area, are less than 28 weeks pregnant and would like to learn more about:

- pregnancy, healthy living and eating healthy
- breastfeeding
- infant care
- other places in the community that can help you

BIB may be the program for you.

## What does an Outreach Worker Do?

**Before your baby is born**, an Outreach Worker can:

- Provide you with information and support to help you have a healthy baby and get ready to be a parent
- Connect you to a Registered Dietician for help with healthy eating

**After your baby is born**, your Outreach Worker will:

- Support you as a new parent until your baby is 6 months old.
- Provide monthly visits and cover topics such as:  
breastfeeding information and support, early parenting resources and caring for your new baby and yourself.

