

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 or phone 403-343-6400



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



Address

5409 - 50 Ave.
Red Deer, AB T4N 4B7

Telephone: 403-343-6400

Fax: 403-343-6407

E-mail: fsca@fsca.ca
www.fsca.ca

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.

