

Your doctor is a member of the Red Deer Primary Care Network (RDPCN). A variety of health care professionals work for the RDPCN and provide health promotion, education and support to patients receiving care from local family doctors.

The RDPCN Pregnancy & Babies (P&B) Family Nurses are registered nurses who work with family doctors to provide information, support and referrals for families who are planning a pregnancy, expecting a baby, or parenting a baby.

A P&B nurse can provide general information about your pregnancy, including topics such as healthy eating, exercise and safe activity, as well as preparing for childbirth. They also have information for after your baby arrives such as breastfeeding, mood changes, immunizations and birth control options. If needed, the nurse can link you to community resources and supports or discuss any other concerns you may have.

We are asking you to complete the Pregnancy & Babies survey to better understand your needs.

The [Pregnancy & Babies Survey](#) can also be downloaded from the Red Deer Primary Care Network website (*under About Us, Pregnancy & Babies Survey*).

Complete the survey and send to the RDPCN by one of the following methods:

- Mail to the address below
- Email to info@rdpcn.com
- Fax to 403-754-4374

You will be contacted by RDPCN scheduling staff to offer an in person or telephone appointment. If you have not heard from someone within 2 weeks after sending in the survey, please contact us at 403.314.3297.

www.reddeerpcn.com

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