

# Congratulations On Your New Baby

Your baby's first year is a time of great change. We have put together a booklet to help support your adjustment to your new responsibilities and to help you make the best choices for you and your baby.

We hope this booklet will answer general questions about feeding and caring for your baby. If you need additional information, we encourage you to call the Huron County Health Unit.

HEALTH LINK - Drop in Clinic  
519-482-3416 or 1-877-837-6143  
Monday, Wednesday and Friday - Noon to 4 p.m.

Wingham office – call 519-357-4993.

Breastfeeding Drop in Clinic - Thursday - 9 to Noon

Enjoy your baby!

*Huron County Health Unit*

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