

Looking for more info
about Maternal/Child
Health?



Check out these sites!

**Centers for Disease
Control and Prevention**
www.cdc.gov

**New York State
Department of Health**
www.health.ny.gov

**Ontario County
Public Health**
www.co.ontario.ny.us

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Breast Feeding & Public Health

Society benefits when mothers
breast feed.

- **Breast feeding saves lives.**
If 90% of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented.
- **Breast feeding saves money.**
The United States would save \$2.2 billion per year in medical care costs.
- **Breastfeeding also helps make a more productive workforce.**
- **Breastfeeding reduces the risk of** asthma, childhood leukemia, childhood obesity, ear infections, eczema, diarrhea and vomiting.

Ontario County Public Health

3019 County Complex Dr.
Canandaigua, NY 14424

Phone 585-396-4343
Fax 585-396-4551

www.co.ontario.ny.us



OCPH



Public Health
Prevent. Promote. Protect.
Ontario County, NY

MCH Program

Maternal/Child Health



*In Ontario County, children
are 21% of our population
and 100% of our future.*

Ontario County Public Health



Raising kids is enjoyable and rewarding, but it isn't always stress-free.



The Maternal/Child Health Nurses at Ontario County Public Health would love to help you as you get adjusted to your new role as a parent. Most importantly, they listen and offer information, support and encouragement. .

Help and Support

Maternal/Child Health nurses provide health education:

- ◆ Pregnancy, Labor & Delivery
- ◆ Newborn care
- ◆ Breast feeding
- ◆ Bottle feeding
- ◆ Basic parenting
- ◆ Planning your family
- ◆ Eating healthy
- ◆ Finding resources in your community

Whether you talk to one of our nurses by phone or invite her to your home, we are here to offer education and support and to connect you with services in your community.



Planning a Pregnancy



Your health before you get pregnant affects your baby's early development. Visit your doctor before getting pregnant to talk about:

- Diet
- Medical conditions
- Medications
- Family history
- Screening tests
- Vaccines.

Now is the time to stop using cigarettes, alcohol and street drugs. These substances harm you and the baby that will grow inside you.

Every woman trying to get pregnant (or not using reliable birth control) should take 400 mg of folic acid every day.