

What our families are saying:

“Thank you for all the help, the advice and the reassurance you have given us. It helped so much, especially in the beginning.”

“Thank you so much for helping our family get started! Words cannot express how lucky we were to have your kindness and wisdom.”

“I believe we are better parents thanks to you sharing your knowledge.”

Public Health Nurses are available to make free visits to your home, school, or another convenient site.

If you are expecting a baby, or are a parent with questions, please call us today.

**Public Health Nurse
Intake**
763-324-4240

Anoka County
Community Health &
Environmental Services
Department

Public Health Nurse Intake
Phone: 763.324.4240
Fax: 763.324.1033

Immunization Hotline
763.324.4210

WIC
763.324.4230

Child & Teen Checkups
763.324.4280



Anoka County
MINNESOTA

www.anokacounty.us



Public Health Nurse Family Home Visiting



**Supporting Families
During Pregnancy
& Parenting**

Do you have questions about...

- How to care for yourself and your baby throughout pregnancy?
- What to expect during labor and delivery?
- How to breastfeed / bottle feed?
- How to calm a fussy baby?
- When to start solids?
- How to encourage the growth and development of your child?
- Family planning / Child spacing?
- How to make your home safe for your family?
- Community resources available to support your family?

What **TO EXPECT** during a typical visit:

- A trusted source to answer your questions.
- While you are pregnant, the nurse will weigh you and check your blood pressure.
- As a parent, the nurse will weigh, measure, and check the development of your baby.

at **no charge to YOU,**
Public Health Nurses can provide home
visits to help you:

- Have a healthier pregnancy and baby.
- Learn skills to meet your child's needs.
- Increase your confidence as a parent.
- Get resources to support your family's needs.

Learn about:

- Staying Healthy
- Breastfeeding and Lactation Support
- Pregnancy, Labor & Delivery
- How To Feed Your Baby
- Mom And Baby Care After Birth
- Family Planning / Child Spacing
- Healthy Choices / Relationships
- Infant Brain Development
- Child & Teen Check-Ups
- Immunizations
- Parenting
- Safety