

Infancy Menu



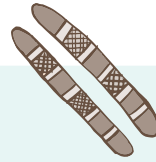
MY CHILD AND ME

- Baby equipment and toy safety
- Being the best parent I can be
- Calming my bubba
- Getting enough sleep for baby and I
- Good choices about TV, music and books
- Keeping my bubba healthy
- My baby is changing and growing
- My baby was born too early
- Substance Use and my baby
- Taking care of my new bubba
- What does my new bubba need
- What if my baby has health problems
- What should I feed my baby? Breastfeeding
- What should I feed my baby? Solids



MY FAMILY AND FRIENDS

- Communicating well with others
- Finding supports and services
- Getting along with family and friends
- My culture
- Protecting my baby and myself
- What if someone is hurting me?



MY HOME

- Keeping my bubba safe from accidents
- Keeping my home safe
- My community



MY HEALTH

- After my bubba is born
- Being healthy, staying healthy
- Healthy eating
- Sex and pregnancy



MY LIFE

- Am I ready to address change?
- Coping with stress
- Finding time to do everything
- Paying for things I want and need
- Setting and achieving goals
- Solving my problems
- Staying mentally healthy