



WEEK 1: Welcome to Parenting in Peterborough!

Being a parent is exciting and can be overwhelming. Peterborough Public Health would like to help you during this journey by sharing information and local resources about taking care of your baby and yourself.

We are so excited that you've signed up to receive these emails! We wanted to answer some commonly asked questions right away, but first we want to remind you to [register your baby's birth](#).

[Register your baby's birth](#)

How often will I receive an email?

We will send you weekly emails for the first few weeks as there is lots to share with parents of a newborn! As your baby grows older, we'll then send you emails once a month until your baby is 18 months old.

What if I signed up for emails when my baby is older?

If you're signing up for the program later and have an older baby, we'll start sending you emails based on your child's age.

What will the emails be about?

Each email aims to answer the questions that you might have based on your child's age.

You can expect to learn about:

- Tips to take care of your baby
- Tips to take care of yourself
- Recommended times to book appointments
- Your child's development
- Parenting ideas
- Nutrition information
- Fun and helpful links to family resources

The information found in these emails does not constitute medical advice. Please consult a qualified health care professional to meet your personal health care needs.

What if I no longer want to receive these emails?

Click unsubscribe at any time. When you have questions or need support, you can contact our [Healthy Babies, Healthy Children program](#) at 705-743-1003, ext. 282.

We'll be in touch with lots of information soon!

