

Learn & Grow Parenting Emails

A guide for the first 18 months

**Spend more time with your little one
and less time searching for tips online.**

What: Sign up for tips about parenting, child development and taking care of yourself and your baby. Emails are sent based on your child's age, so you get the information you need at the right time.

Who: Information is available for parents and caregivers who have a child under 18 months of age.

How: Use the QR code or visit
[www.peterboroughpublichealth.ca/
parenting-emails](http://www.peterboroughpublichealth.ca/parenting-emails) to sign up at any time.

