

# Pregnant or a New Parent?



Whether you just found out you are pregnant or recently became a new parent, this is a special time that can bring many questions and changes.

**Healthy Baby**  
supports pregnant women and  
new parents, like you!

## The Prenatal Benefit

If you are pregnant, live in Manitoba and have a net family income of less than \$32,000 a year, you may be eligible for the Manitoba Prenatal Benefit.

You can receive a monthly cheque to help you buy healthy foods needed during your pregnancy.

You can start to receive monthly cheques in your second trimester of pregnancy, up until the month your baby is due.



## Community Support

If you are pregnant or have a baby under the age of one, you can attend a **Healthy Baby** program to:

- ask questions about your pregnancy
- learn about your baby's growth and development
- get to know other moms and new parents
- learn about nutrition and health
- get breastfeeding support
- get parenting tips
- connect with health care professionals
- do activities with your baby
- enjoy healthy snacks
- receive milk coupons (during your pregnancy and until your baby is 6 months old)
- receive bus tickets (where available)

Partners/support persons are welcome!

For more information about how to connect with a **Healthy Baby** program in your community or to learn about the Prenatal Benefit visit:

or call

**Telephone: 204-945-1301** (in Winnipeg)

**Toll-free: 1-888-848-0140**

(outside Winnipeg)

