

# Congratulations

## PREPPING FOR YOUR BABY

**Free services from public health nurses are available for families.**

**Get in touch with a nurse over the phone or in person, at no cost to you!** Public health nurses provide home visits for breastfeeding support and maternal emotional support. They can connect you to community agencies for housing, food, clothing, baby supplies, and diapers. Nurses also have information on the WIC (Women, Infants, and Children) Nutrition Program, Badger Care, and free vaccine clinics for baby and the rest of the family if eligible.

**Public health nurses are here for you and your new baby!**

**We can help with:**



Feeding Your  
Baby



Baby's  
Development



Parenting



Car Seat  
Installation



Immunizations



Maternal  
Support



**What is the WIC Program?** Women, Infants, and Children (WIC) is a supplemental nutrition



program for children younger than age five and people who are pregnant, breastfeeding or postpartum. WIC provides nutrition education, breastfeeding support, supplemental nutritious foods and connections to other community services.



*Scan the QR code or visit [www.dhs.wisconsin.gov/wic](http://www.dhs.wisconsin.gov/wic) for more information about the WIC program and eligibility criteria.*

## **The number one complication of childbirth is depression.**

Baby blues, unlike postpartum depression, are common and usually go away within 2 weeks. Symptoms of baby blues include:

- Feeling overwhelmed
- Irritability
- Feeling anxious
- Mood swings, such as crying for no reason

After 2 weeks, symptoms of postpartum depression may include:

- Extreme tiredness
- Feeling overwhelmed, anxious
- Difficulty sleeping, not able to fall asleep
- Feeling hopeless, feeling numb
- Crying a lot
- Worry about how you feel about your baby

**For postpartum depression support and resources, visit [www.postpartum.net](http://www.postpartum.net) or call 1-833-943-5746 (1-833-9-HELP4MOMS).**

**If you need support, contact a public health nurse:**

### **Appleton**

920-832-6429

### **Calumet County**

920-849-1432

### **Fond du Lac County**

920-929-3085

### **Menasha**

920-967-3520

### **Outagamie County**

920-832-5100

### **Waupaca County**

715-258-6323

### **Winnebago County**

920-232-3000

*As a new parent, you may receive a phone call or a newborn packet in the mail from your local Public Health Department.*



**Public Health**  
Prevent. Promote. Protect.