

# You've got this. We've got you.

## Perinatal health support from pregnancy to early childhood

Parenting is an exciting and challenging journey. Olmsted County nurses are here to help, and the support comes at no cost to you. From pregnancy to early childhood, we're here via call, text, or home visits with answers to your health questions, support managing your well-being and stress, and connections to resources for WIC, SNAP, and more.

### How do Olmsted County nurses help?

During pregnancy, after baby has arrived, and into early childhood, we'll visit you at home or connect via phone or text for parenting tips, advice about your physical health, and support for your well-being.



### Support looks like:

We apply our own expertise and trusted interventions to help pregnant people and new parents manage stress and prevent postpartum depression.

- Home visits during pregnancy, after birth, and into early childhood
- Breastfeeding support
- Parenting tips
- Help with stress relief
- Connection to resources like WIC and SNAP



*"It was really helpful for me to be able to get other perspectives and advice while also letting go of some of those fears and worries."*

— Evelyn



Scan here  
for more  
information



[olmstedcounty.gov/ParentSupport](https://olmstedcounty.gov/ParentSupport)



**Public Health**  
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**CONTACT US:** 507-328-7570 • [PublicHealthHCFIntake@olmstedcounty.gov](mailto:PublicHealthHCFIntake@olmstedcounty.gov)