

Testimonials

"It has taken such a load off me and has helped me to not feel so overwhelmed."

"As a new mom, there is so much information from the internet, friends, and family, it's hard to know what you should do to take care of yourself and your baby. Cradlelink helps you find your way through motherhood."

"She [my nurse] gave me answers or reassurance when I had 'worried mom' concerns."

"Being new to this area, Cradlelink helped me find a place in my community to meet new people and raise a baby."

"Being a mother is challenging. Being a mother to a high needs baby is one of the hardest things I've experienced. Help makes a huge difference in my mental state."

"Whether you're a first-time mom or have already had other children, the support from the Cradlelink program makes you more confident as a parent."

Contact Information

If you need some extra support for yourself or your new baby, Cradlelink may be for you!

Keystone Child, Youth & Family Services



Phone Number

(519) 371-4773



E-mail Address

keystone@keystonebrucegrey.com



Website

www.keystonebrucegrey.org



Main Office Location

1793 3rd Ave. West, Owen Sound, ON. N4K 6Y2



CRADLELINK

A Home Visiting Program supporting expecting or new parents and infants in Grey and Bruce Counties needing a little extra support or information



Public Health
Agency of Canada

www.keystonebrucegrey.org
(519) 371-4773

How We Can Help

Nurse Home Visits:

A Registered Nurse can provide home visits to offer parenting, nutrition, growth, and developmental information, as well as connecting families to other community resources.

Volunteers:

A family may be matched with a Cradlelink volunteer to provide help and support for up to 4 hours per week during the baby's first year.

When to Reach Out

The earlier you reach out to Cradlelink, the longer you can receive the benefits of our service.



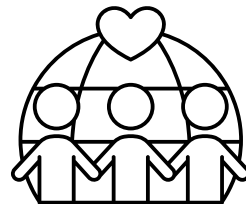
What Kinds of Situations Cradlelink Can Help With

Caring for a new baby can be physically and emotionally exhausting for parents.

If there are other children in the home plus a new baby, parents may feel overwhelmed.

Being a first-time parent or a parent of multiples (twins or more) creates its own set of unique challenges and questions.

Parents may need: relief, information, a friendly supportive person to listen, care, and reassure.



Support Can be Found in Many Ways

Family

Friends

Your local community

Parents who have support are more likely to be prepared and feel secure about caring for their new baby.