CALL TODAY!

Your Mom’s Helper is:

A joint project of the Alabama Cooperative Extension System and the WIC Program.

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Having a baby?

It is fun.

It can be scary.

A Mom’s Helper can be there for you.

The Mom’s Helper will:

• help you learn to feed your baby
• help you know how to care for your baby
• teach you about good foods that new moms should eat
• teach you how to keep your home safe for baby