

NEWBORN POSTPARTUM PROGRAM

Congratulations on the arrival of your new baby!

Becoming a parent is one of the most exciting times of life, and also one of the most stressful. As your little one becomes part of your family, questions will come up about everything from feeding to sleeping, to the safety of your newborn. Who do you turn to for answers?

The Clinton County Health Department routinely contacts all new parents in Clinton County. We would love to make a home visit, weigh your baby and discuss any concerns or questions you have.

Some Topics You May Want To Discuss

Most parents of a new baby have many questions. We look forward to hearing yours, and making your adjustment to parenthood as smooth as possible. Some areas that you may have questions or concerns about are:

- Breastfeeding
- Bottle feeding
- Shots
- Development
- Sleeping
- When to call the doctor
- Daycare
- Safety
- Family Planning
- General Newborn Care
- Sibling Adjustment
- Regaining your energy

How Much Does it Cost?

Services are free to all Clinton County residents.

Contact Us

To receive more information, call or visit us at:

Clinton County Health Department
Health Services Unit
133 Margaret Street
Plattsburgh, NY 12901
Tel: (518) 565-4848