

“Olo follow-up care gives me the feeling that I’m a good mother.”

— Fanny



Fondation Olo wants to say a heartfelt thank you to all donors who make Olo follow-up care for families possible.



[fondationolo.ca](http://fondationolo.ca)



Fondation  
**Olo**



Des  
**bébés**  
en santé



## A Healthy Start!

Find out how Olo follow-up care can help you during your pregnancy and after your baby is born!

## Our mission

To give families an equal chance of bringing a healthy baby into the world and of introducing them to healthy eating habits early on.

Every year, Fondation Olo helps **7,000 new mothers-to-be** in need across Quebec.

Thanks to hundreds of dedicated Olo practitioners from the healthcare, social services and community network, women receive support during baby’s first 1,000 days: from pregnancy to age two.



En collaboration avec :

Québec 

# Why Olo follow-up care?

## So your baby will be born healthy

From the 12<sup>th</sup> week of your pregnancy until you give birth, you'll receive prenatal vitamins along with vouchers you can redeem for food in most grocery, convenience and drug stores in Quebec.

These vouchers and multivitamins are provided in conjunction with professional nutritional care throughout your pregnancy and your child's first two years of life.



Eggs



Frozen vegetables



Milk



Multivitamins



Baby purée



Baby cereal



Tofu



Whole grain bread

## So your family can adopt healthy eating habits

During your visits with your Olo practitioner, she'll give you nutritional advice and educational tools (children's books, low-cost recipes, planning tools and more) to encourage three healthy habits: eating well, cooking and enjoying family mealtimes.

# How do I sign up?

To get Olo follow-up care, you must:

**Be pregnant or have a child under two years of age.**

**Have a low income.**

## Interested?

Register at [quebec.ca/magrossesse](http://quebec.ca/magrossesse) (available in 11 languages) or scan the **code QR**.



A staff member from your region will contact you to evaluate your needs and offer services that would benefit you and your baby.

If you have already given birth and would like to benefit from Olo postnatal care, contact your local CLSC.

For more information about Olo follow-up care or for others questions, call your local CLSC!

# Personal follow-up

A trust-based, supportive relationship with a qualified and reassuring health professional.

One-on-one or group meetings at the CLSC or at home.

Advice and answers to your questions about nutrition, pregnancy and perinatal care.

Referrals to resources in your community.

## And even more!

The Olo blog is parents' everyday helper! In it you'll find tips, articles, games for tiny tots, educational videos, all our recipes and more.

[fondationolo.ca/en/blog](http://fondationolo.ca/en/blog)

Take an interest in activities offered by the community organizations near you (family resource centres, community centres)!

# Benefits for baby

Olo follow-up care benefits your baby in these areas:



**Overall health**



**Attachment to parents**



**Optimal development**



**Success at school**



**Eating habits**



**Access to care**

