



**We're here to support your  
journey from pregnancy  
through early childhood.**

Philly **LOVES** Families  
Philadelphia Department of Public Health



## SAFE SLEEP

Learn the ABCs of safe sleep and see how you can request a free Pack 'n Play.

## BREASTFEEDING & INFANT FEEDING

Receive free education and support from our lactation professionals.

## MENTAL HEALTH AND WELLNESS SUPPORT

It's normal for parenthood to bring new mental and emotional challenges. Know the signs of postpartum depression and learn about what resources are out there to help.

## PHILLY FAMILIES CAN

Get free, personalized guidance from a Support Professional who comes to you.

## DOULA SUPPORT PROGRAM

Our program offers free, individualized support for pregnant people and families throughout pregnancy, childbirth and up to one year postpartum, with a focus on parents with a history of substance use disorder.

## RESOURCE CONNECTION

There are many more resources available to Philadelphia families who are pregnant or have young children. Visit our Resources page to learn more.

