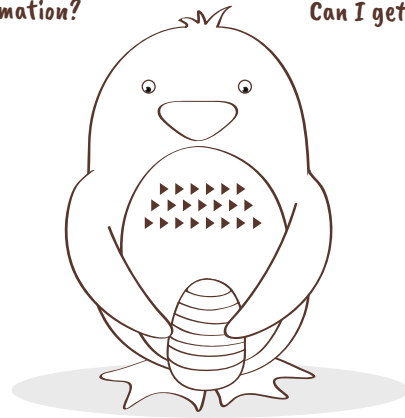


Is this normal?

Who can help?

Where can I get information?

Can I get any tips?



*The **Services intégrés en périnatalité et pour la petite enfance (SIPPE) program** was developed by the ministère de la Santé et des Services sociaux du Québec and is specially designed to support parents and young children. Health professionals, practitioners and community groups work together to provide these services.

The SIPPE program

We all want what's best for our kids, but being a parent isn't always easy. SIPPE* is a program that can give you the helping hand you need during pregnancy, as well as from the time your baby is born until he or she starts school.

If you're a **parent who didn't finish high school** or a **vocational training program** or **you feel isolated** and you're **under financial stress**, there are services available for you and your family:



Personalized support

Support adapted to your needs: school, work, housing, social assistance



Inspiring ideas

Parent-child activities designed to stimulate children



Useful information

Information about health, couple relationships, child development and life as a parent



Enriching encounters

Group meetings with other parents where you can discuss, exchange and share