



# Life With A Baby

Real Parents • Real Challenges • Real Help

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**Real Parents, Real Challenges, Real Help.**

## It takes a village.

You know the feeling you get when you look at another person, and without a word, you realize you're both thinking the same thing? That's Life With A Baby personified.

Life With A Baby is a network of real parents just like you, navigating the rollercoaster that is raising kids. Parenting ain't easy, but it's better when you have a whole village supporting you. We're here to connect, support one another, learn from each other, cry and laugh together every chance we get. Join us!

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## What We Do



### Parenting Confidently

Seminars and resources to help you be the parent you want to be - on your terms.



### Mom-to-Mom Peer Support

In short, women supporting women. Join in to connect with other moms navigating motherhood and everything in-between.



Learn crucial lifesaving CPR techniques and safety fundamentals for the babies and children in your care.



### NICU Preterm Program

A support network for families of preterm infants as you transition from the NICU to the first months at home.

[See All Programs](#)

## Who We Are

Life With A Baby was founded to provide real support to real families. Since our inception, we've focused on empowering moms and dads to make the right choices for them about their family, health and wellbeing. Our community focus means members can meet face-to-face and participate in activities that are important to them. They become part of a group of like-minded moms and dads and can choose to share with each other the challenges and joys of parenthood.

At Life With A Baby we believe in action. Our founder Claire Zlobin has been a fierce advocate for the mental health and wellbeing of new moms since her own experience with perinatal mood and anxiety disorders and her vision of a national peer-support network has helped the lives of thousands of Canadian families, just like yours.

Looking to find your village? See if we have a chapter in your area.



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