

Building Incredible Babies Wish List

Family Services of Central Alberta serves 110 expectant Moms every year through the Building Incredible Babies Program. These Moms want the best for their babies and so do we! Our Program provides expectant Moms with a Pregnancy information binder, cookbook, and nutritional supplements including milk, eggs and fruit and vegetable coupons as well as prenatal vitamins and vitamin D drops for baby. We encourage breastfeeding and try to offer incentives for Moms who work at breastfeeding their babies. Here is how you can help:

Nutritional Supplements

- ♥ Prenatal vitamins
- ♥ Vitamin D drops for baby
- ♥ Food chopper (for homemade baby food)
- ♥ Small slow cooker for Mom and baby

Breastfeeding Incentives

- ♥ Journal for Expectant Moms to write their pregnancy journey
- ♥ Disposable camera for Moms to create memories of their new baby
- ♥ Small photo album
- ♥ Manual breast pump

For Baby

- ♥ Newborn size diapers
- ♥ Receiving blankets
- ♥ Crib sheets
- ♥ Face clothes and bath towels
- ♥ Baby toiletries such as diaper cream, shampoo, baby wash
- ♥ Safety equipment such as electrical outlet covers

Self care for Moms

- ♥ Gift certificate for a hair cut or for a restaurant
- ♥ A swim pass
- ♥ A movie gift certificate

Your cash donation will purchase the following:

- \$15.00 – Basic Shelf Cookbook
- \$20.00 – Pregnancy Information Binder
- \$30.00 – Breastfeeding Pillow
- \$40.00 – A birth certificate for baby
- \$50.00 – Manual breast pump

On behalf of all the staff, Expectant Moms and babies, we wish to thank you for your support in Building Incredible Babies together. **To make a donation, please call us at 403.343.6400**