

# Prenatal meetings

## Module 4: Family to be

### [Parents' Guide](#)

**Capsule 15:** [My baby and its characteristics](#)

**Capsule 16:** [My baby's development](#)

**Capsule 17:** [My baby's health and safety](#)

**Capsule 18:** [Becoming parent, a major change!](#)

[To know more](#) (In French)

### You have questions?

If you have questions about the subjects covered in these capsules, contact your local perinatology team.

**Haute-Côte-Nord:**  
418 233-2931, ext. 0

**Manicouagan:**  
418 296-2572, ext. 0

**Port-Cartier:**  
418 766-2572, ext. 443334

**Sept-Îles:**  
418 962-2572, ext. 414120

**Minganie:**  
418 538-2212, ext. 0

**Lower North Shore:**  
418 461-2144, ext. 0

**Caniapiscau:**  
418 287-5461, ext. 0