



Are worries overshadowing your pregnancy?

Has the joy of life with your baby faded?

Is your baby keeping you awake?

SUPPORT FOR FAMILIES WITH BABIES

PULMU

AND SLEEP GUIDANCE



KYMENLAAKSON
ENSI-JÄ TURVAKOTI-
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THERE IS ALWAYS HOPE

PULMU supports expectant parents and families with babies in everyday life, and helps them find their baby's sleep-wake rhythm.

PULMU can help if:

- you experience low mood, exhaustion or emotional difficulties during pregnancy or with a baby.
- you have worries about pregnancy or childbirth.
- you need support with your baby's sleep and daily rhythm.

Our service is free of charge and open to all families with babies throughout Kymenlaakso.

**Don't face your worries alone –
get in touch!**

Online booking and chat for families with babies:
kymenlaaksonensijaturvakoti.fi

Infant and family support specialist: 040 742 2652

(Phone hours: Tuesdays, 1–3 PM)

Email: pulmu@kletu.fi

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kymenlaaksonensijaturvakoti.fi

