

Public Health Newborn Resources – Vancouver

<http://www.vch.ca/public-health/pregnancy-parenting/resources>

<p>Baby and Toddler Care Handbooks</p>	<p><u>Baby’s Best Chance – Parent’s Handbook of Pregnancy and Baby Care</u> https://www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf</p> <p><u>Toddler’s First Steps – Guide to Parenting Your 6-36 month old child</u> https://www.health.gov.bc.ca/library/publications/year/2019/TFS-3rd-edition-FINAL-Nov2019.pdf</p>
<p>8-1-1 HealthLink BC Phone Line</p>	<p>Free-of-charge provincial health information and advice phone line, available 24/7. Connect directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.</p> <p>https://www.healthlinkbc.ca/about-8-1-1</p>
<p>Immunizations</p>	<p><u>Evidence-based immunization information and tools for BC residents.</u> https://immunizebc.ca/</p> <p><u>Vaccine schedule for British Columbia</u> https://immunizebc.ca/sites/default/files/graphics/vaccine-schedule-infants-children-2019-screen.pdf</p>
<p>Breastfeeding</p>	<p><u>Breastfeeding in the first 3 weeks</u> https://vch.eduhealth.ca/PDFs/GK/GK.560.B743.pdf</p> <p><u>Breastfeeding and Vitamin D</u> http://www.vch.ca/public-health/pregnancy-parenting/breastfeeding</p> <p>https://www.healthyfamiliesbc.ca/home/articles/vitamin-d-supplements-breastfeeding-babies</p>
<p>Jaundice</p>	<p>http://www.vch.ca/public-health/pregnancy-parenting/new-parents-baby/new-baby-basics</p> <p><u>Newborn Jaundice</u> https://vch.eduhealth.ca/PDFs/FK/FK.760.N49.pdf</p>

Sleep	<p><u>Newborn Sleep Information</u> http://www.vch.ca/public-health/pregnancy-parenting/new-parents-baby/new-baby-basics</p> <p><u>Safe Sleep Guidelines</u> https://www.healthlinkbc.ca/hlbc/files/pdf/safer-sleep-for-my-baby.pdf</p>
Programs for Families	<p><u>Vancouver Community Resources</u> http://www.vch.ca/public-health/pregnancy-parenting/resources</p>
Crisis Resources	<p><u>Crisis lines, counselling, emergency housing, and domestic violence resources</u> https://vch.eduhealth.ca/PDFs/CE/CE.350.D66.pdf</p>
Postpartum Depression and Anxiety	<p><u>Adjusting as a new parent</u> http://www.vch.ca/public-health/pregnancy-parenting/new-parents-baby/adjusting</p>
Car Seat Info	<p><u>BCAA</u> https://www.bcaa.com/community/child-car-seat-safety</p> <p><u>ICBC</u> https://www.icbc.com/road-safety/safer-drivers/Pages/Child-car-seats.aspx</p>
Your Baby's Dental Health	<p>http://www.vch.ca/public-health/pregnancy-parenting/infants-to-18-months/growth-development</p>
Tummy Time	<p>http://www.vch.ca/public-health/pregnancy-parenting/new-parents-baby/new-baby-basics</p>
Screen Time	<p><u>Screen time information</u> http://www.vch.ca/public-health/pregnancy-parenting/infants-to-18-months/growth-development</p> <p><u>Screen time recommendations</u> https://vch.eduhealth.ca/PDFs/GK/GK.300.T45.pdf</p>
Crying	<p>Frustrated by your baby's crying? The Period of PURPLE Crying – A new way of understanding your baby's crying. http://purplecrying.info/</p> <p><u>A Simple Gift: Comforting Your Baby</u></p>