



Best for a healthy future **BEGINNINGS**

Easy online access to health information and resources



fraserhealth.ca/parenting

Prepare for Pregnancy

- Understand Fertility
- Prepare Your Body
- Plan Your Finances
- Manage Relationships

Pregnancy

- Prenatal Registration
- Prenatal Classes
- Breastfeeding Classes
- Tests, Scans and Checks
- Healthy Eating and Foods to Avoid

Labour and Birth

- Stages of Labour
- When to Go to the Hospital
- Preparing for the Unexpected
- Your Hospital Stay
- Your Body After Birth

Breastfeeding

- Getting Started
- Do I Have Enough Milk?
- Sore Nipples and Breasts

Your Baby (0-6mo)

- Coping with Crying
- Safe Sleep
- Is this Normal?
- Nutrition and Vitamin D
- Growth and Development
- Immunizations and Shots

Your Toddler (6-24mo)

- Healthy Eating
- Introducing Solids
- Sleep Habits
- Teething and Tooth Care
- Growth and Development
- Positive Parenting

For Dads

- Taking Care of Your Baby
- Dad's Role in Breastfeeding
- Sex After Pregnancy

Depression and Anxiety

- Signs and Symptoms
- Finding Supports

Local Public Health Units

Abbotsford

#104 34194 Marshall Rd
604.864.3400

Agassiz

7243 Pioneer Ave
604.793.7160

Burnaby

#300 4946 Canada Way
604.918.7605

Chilliwack

45470 Menholm Rd
604.702.4900

Delta – North

11245 84 Ave
604.507.5400

Delta – South

4470 Clarence Taylor Cres
604.952.3550

Hope

444 Park St
604.860.7630

Langley

20389 Fraser Hwy
604.539.2900

Maple Ridge

#400 22470 Dewdney Trunk Rd
604.476.7000

Mission

7298 Hurd St
604.814.5500

New Westminster

#218 610 Sixth St
604.777.6740

Surrey – Cloverdale

#205 17700 56 Ave
604.575.5100

Surrey – Guildford

#100 10233 153 St
604.587.4750

Surrey – Newton

#200 7337 137 St
604.592.2000

Surrey – North

10362 King George Blvd
604.587.7900

Tri-Cities – Coquitlam/ Port Moody/Port Coquitlam

#200 205 Newport Dr
604.949.7200

White Rock/South Surrey

15476 Vine Ave
604.542.4000

To re-order copies, contact your local public health unit.

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