



# *Best for a healthy future* **BEGINNINGS**

**Easy online access to health information and resources**



**[fraserhealth.ca/parenting](http://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



Brought to you by Public Health and  
Maternal Infant Child and Youth Programs.  
[www.fraserhealth.ca](http://www.fraserhealth.ca)

# 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

#1826 4949 Canoe Pass Way  
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.

[patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca) | Catalogue #264190 (March 2020)



Brought to you by Public Health and  
Maternal Infant Child and Youth Programs.

[www.fraserhealth.ca](http://www.fraserhealth.ca)