

# *Best* for a healthy future BEGINNINGS



## ***Baby's Best Chance*** (7th edition) **Highlights For You and Your Baby:**

Feeding Your Baby	pages 90 - 109
Birth Control	page 61
Crying - What's Normal?	page 74
Dental Care for Your Baby	page 73
Postpartum Depression	page 53
Safety and Sleeping	page 66
Tummy Time	page 75
Immunization	page 77

Keep this with your ***Baby's Best Chance*** for easy access to a wealth of information and resources!

For more information on child development, introducing solid foods, and parenting... see  
***Toddler's First Steps***

- ***Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care***
- ***Toddler's First Steps: A Best Chance Guide to Your 6- to 36-Month-Old Child***

For your **FREE** copy:

- Call your public health unit
- Go on-line to  
[healthlinkbc.ca/babys-best-chance](http://healthlinkbc.ca/babys-best-chance)



For more information please call  
your local public health nurse

## 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:

1st Floor 7298 Hurd Street | 604.814.5500

### New Westminster:

218 610 Sixth St | 604.777.6740

### Surrey – Cloverdale:

205 17700 56 Ave | 604.575.5100

### Surrey – Guildford:

10233 153 St | 604.587.4750

### Surrey – Newton:

200-7337 137 St | 604.592.2000

### Surrey – North :

220 -10362 King George Blvd | 604.587.7900

### Tri-Cities:

200 -205 Newport Dr | 604.949.7200

### White Rock/South Surrey:

15476 Vine Ave | 604.542.4000

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[fraserhealth.ca /parenting](https://fraserhealth.ca/parenting)