

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



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

Eating Well During Pregnancy	pages 16-19
Activity During Pregnancy	page 21
Street Drugs, Smoking, Vaping	pages 11
Alcohol, Cannabis	page 11-12
Your Emotional Health	page 53
Giving Birth	pages 40
Breastfeeding Your Baby	pages 90-101
Safe Sleeping	pages 66
Car Seats	page 84

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

For more information on child development, introduction of 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 at

**[www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance](http://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance)**



**fraserhealth**

For more information please call  
your local public health nurse

## Local Public Health Units

### Abbotsford:

104-34194 Marshall Rd | 604.864.3400

### Agassiz:

Box 104, 7243 Pioneer Ave 604.793.7160

### Burnaby:

300-4946 Canada Way | 604.918.7605

### Chilliwack:

45470 Menholm Rd | 604.702.4900

### North Delta:

11245 84 Ave | 604.507.5400

### South Delta:

1826-4949 Canoe Pass way | 604.952.3550

### Hope:

Box 176, 444 Park St | 604.860.7630

### Langley:

101-6470 201 Street | 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

### Cloverdale:

205-17700 56 Ave | 604.575.5100

### Guildford:

100-10233 153 St | 604.587.4750

### Newton:

200-7337 137 St | 604.592.2000

### North Surrey:

220-10362 King George Blvd | 604.587.7900

### Tri-Cities:

200-205 Newport Dr | 604-949-7200

### White Rock:

15476 Vine Ave | 604.542.4000

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[Fraserhealth.ca/pregnancy](https://fraserhealth.ca/pregnancy)