

working together

for your health



ActNowBC

Breastfeeding: Baby's best way to good health

Everyone wants to capture those first minutes after your baby's born – including baby!

Go with baby's first instincts, and you'll be starting on the road to successful breastfeeding.

How? Simple! Baby goes immediately on Mom's chest so skin-to-skin contact can build a special bond. In a little while, Mom and babe can get some help for their first time breastfeeding.



Want to give your baby the best chance at a healthy future?

Think early: that's skin-to-skin contact and breastfeeding

Think exclusive: make breast milk baby's only food for the first six months. It's best for keeping baby healthy.

So go ahead - capture those first healthy baby instincts!



Visit our website at www.fraserhealth.ca

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Useful resources for new parents

Your local Fraser Health Public Health Unit is a great starting place for practical breastfeeding advice and services both before and after you give birth. Check out this list for the one nearest you.

Public Health Units

Abbotsford	(604) 864-3400
Agassiz	(604) 793-7160
Burnaby	(604) 918-7605
Chilliwack	(604) 702-4900
Cloverdale	(604) 575-5100
Delta-North	(604) 507-5400
Delta-South	(604) 952-3550
Guildford	(604) 587-4750
Hope	(604) 860-7630
Langley	(604) 539-2900
Maple Ridge	(604) 476-7000
Mission	(604) 814-5500
New West.	(604) 777-6740
Newton	(604) 592-2000
Port Coquitlam	(604) 777-8700
Surrey-North	(604) 587-7900
Tri Cities	(604) 949-7200
White Rock	(604) 542-4000

Baby's Best Chance: This useful "baby operating manual" is on the web at <http://www.hlth.gov.bc.ca/cpa/publications/babybestchance.pdf>, or you can phone 1-800-663-6105 if you'd like to order your own hard copy.



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