

Online Resources for You and Your Baby

Congratulations on the birth of your new baby! Here are some resources about caring for your health and the health of your baby. To access these resources, click on the title, enter the shortened URL, or scan the QR code. Some of these resources are available in other languages.

Your First Days at Home with Your New Baby

Learn what to expect on your first days at home with your new baby, and how to contact the public health nurse.



Baby's Best Chance (7th edition)

Use this handbook to help you during your pregnancy and prepare you for the birth of your baby, and the first six months of your baby's life. This handbook has lots of information. Listed below are some highlights.



Eating well during pregnancy	pages 16 to 19	Giving birth	page 40
Activity during pregnancy	page 21	Breastfeeding your baby	pages 90 to 101
Street drugs, smoking, vaping	page 11	Safer sleeping	page 66
Alcohol, cannabis	pages 11 to 12	Car seats	page 84
Your emotional health	page 53		

Toddler's First Steps (3rd edition)

This guide comes after Baby's Best Chance. Use this handbook to help you prepare for caring for a toddler. It has information on supporting your child through 6 to 36 months of age.



Health and Safety of Your Baby

Safer Sleep for My Baby

Learn how to help make your baby's sleep environment as safe as possible — so every sleep is a safe sleep.



Your Baby's Immune System and Vaccines

Learn about your baby's immune system and learn why it is important to immunize your child.

Clean Air for My Child and Me

Learn the benefits of quitting smoking or reducing the use of tobacco use while pregnant, while breastfeeding, and to the air quality of the home environment.



Car Seat Safety

Learn how to choose a safe car seat for your baby and use a car seat correctly.

A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

Feeding Your Baby

Breastfeeding Your Newborn

Learn the basics of breastfeeding. Learn what to expect for the first few weeks of breastfeeding your baby.



Feeding Your Baby

Learn the benefits of breastfeeding for both mother and baby.

Getting Breastfeeding off to a Good Start

Get tips on how to get breastfeeding off to a good start before baby is born and when baby is born.



Breastfeeding / Chestfeeding Online Modules

Explore different topics that support your breastfeeding / chestfeeding journey.

Vitamin D for Babies and Toddlers

Learn why vitamin D is important for your baby's health, how to give it, how much to give and where to get it.



Donor Human Milk

For those who might have extra breast milk and would like to donate it for other babies.

Virtual Support

Fraser Health Virtual Care

1-800-314-0999 or web chat
from 10 a.m. to 10 p.m., every day



Virtual Feeding Support

La Leche League Canada

778-282-1184 call or text
from 10 a.m. to 4 p.m., Mon-Fri



Emotional Health

Are you a new mother or expecting a baby? Are you feeling sad or anxious?

Learn about the signs of depression and anxiety. Learn where you can get help.



Depression Screening Questionnaire

Learn about depression and take a questionnaire to check your mental wellness.

Other

How we protect your personal information

Learn what personal information is and why we collect it. Learn also how we protect your personal information.



Public Health Units

Abbotsford	604-864-3400	Delta – North	604-507-5400	Maple Ridge	604-476-7000	Surrey – Guildford	604-587-4750
104-34194 Marshall Road		11245 84 Avenue		400-22470 Dewdney Trunk Road		10233 153 Street	
Agassiz	604-793-7160	Delta – South	604-952-3550	Mission	604-814-5500	Surrey – Newton	604-592-2000
7243 Pioneer Avenue		1826 - 4949 Canoe Pass Way		1st Floor 7298 Hurd Street		200-7337 137 Street	
Burnaby	604-918-7605	Hope	604-860-7630	New Westminster	604-777-6740	Surrey – North	604-587-7900
300-4946 Canada Way		444 Park Street		218 610 Sixth Street		220 -10362 King George Blvd	
Chilliwack	604-702-4900	Langley	604-539-2900	Surrey – Cloverdale	604-575-5100	Tri-Cities	604-949-7200
45470 Menholm Road		101-6470 201 Street		205 17700 56 Avenue		200 -205 Newport Drive	
		White Rock/South Surrey	604-542-4000				
		15476 Vine Avenue					

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.