

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.



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.



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.



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 104-34194 Marshall Road 604.864.3400	Delta – North 11245 84 Avenue 604.507.5400	Maple Ridge 400-22470 Dewdney Trunk Road 604.476.7000	Surrey – Guildford 10233 153 Street 604.587.4750
Agassiz 7243 Pioneer Avenue 604.793.7160	Delta – South 1826 - 4949 Canoe Pass Way 604.952.3550	Mission 1st Floor 7298 Hurd Street 604.814.5500	Surrey – Newton 200-7337 137 Street 604.592.2000
Burnaby 300-4946 Canada Way 604.918.7605	Hope 444 Park Street 604.860.7630	New Westminster 218 610 Sixth Street 604.777.6740	Surrey – North 220 -10362 King George Blvd 604.587.7900
Chilliwack 45470 Menholm Road 604.702.4900	Langley 20389 Fraser Highway 604.539.2900	Surrey – Cloverdale 205 17700 56 Avenue 604.575.5100	Tri-Cities 200 -205 Newport Drive 604.949.7200
White Rock/South Surrey 604.542.4000 15476 Vine Avenue			

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.