

Online Resources for Your Pregnancy

Having a baby is a very exciting time! Here are some resources to help you and your family welcome this baby into your life. 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.

Having Your Baby – Your Hospital Stay booklet

Read this booklet carefully. It will help you get ready for your baby's birth and know what to expect when you come to the hospital to have your baby. Includes information on how to get a virtual tour of your maternity hospital.



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		

For Your Health and Health of Your Unborn Baby

Your Guide to a Healthy Pregnancy

Learn important facts and answers to common questions about pregnancies.



Immunization and Pregnancy

Learn why it is important to keep your immunizations up to date before becoming pregnant, while pregnant, and after the birth of your baby.

Pregnancy and Dental Health

Learn why it is important to look after the health of your teeth and gums while pregnant.



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.

I'm Pregnant - Should I Exercise?

Learn what type of physical activity is safe to do during pregnancy.



Pregnancy and Alcohol Use

Learn about the risks of drinking alcohol while pregnant.



Healthy Eating During Pregnancy



Healthy Eating for Pregnancy and Breastfeeding

Learn how to eat healthy during pregnancy and while breastfeeding.

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.

Planning for Feeding 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.



Donor Human Milk

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

Baby Care

Safe Skin-to-Skin Cuddling

Learn how holding your baby skin-to-skin helps baby to breastfeed, stabilize their body systems, and get their brain growth off to a good start.



Safer Sleep for My Baby

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

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.

Immunization: A Healthy Choice for Your Child

Learn why it is important to immunize your child. It answers common questions about vaccine safety.



Other



Fraser Health Virtual Care

Connect with a health professional seven days a week for health advice and services. 1-800-314-0999 or web chat from 10 a.m. to 10 p.m.

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