

Local Public Health Units

If your call is urgent, call your doctor, midwife, Fraser health virtual care, 811 or 911 for immediate help.

Health Unit	Weekdays	Weekends/Stat Holidays
Abbotsford		
#104 34194 Marshall Rd	604.864.3400	604.864.3400
Agassiz		
Box 104, 7243 Pioneer Ave	604.793.7160	604.860.7632
Burnaby		
#300 4946 Canada Way	604.918.7605	604.918.7601
Chilliwack		
45470 Menholm Rd	604.702.4900	604.702.4903
Delta – North		
11245 84 Ave	604.507.5400	604.507.5462
Delta – South		
4470 Clarence Taylor Cres	604.952.3550	604.507.5462
Hope		
Box 176, 444 Park St	604.860.7630	604.860.7632
Langley		
101-6470 201 Street	604.539.2900 ext. 743002	604.539.2900 ext. 743002
Maple Ridge		
#400 22470 Dewdney Trunk Rd	604.476.7000	604.897.4892
Mission		
1st Floor 7298 Hurd Street	604.814.5500	604.217.1205
New Westminster		
#218 610 Sixth St	604.777.6740	604.777.6778
Surrey – Cloverdale		
#205 17700 56 Ave	604.575.5100	604.575.5101
Surrey – Guildford		
100-10233 153 St	604.587.4750	604.587.4761
Surrey – Newton		
#200 7337 137 St	604.592.2000	604.592.2049
Surrey – North		
220-10362 King George Blvd	604.587.7900	604.587.7908
Tri-Cities		
#200 205 Newport Dr	604.949.7200	604.949.7220
White Rock/South Surrey		
15476 Vine Ave	604.542.4000	604.542.4073

This information does not replace the advice given to you by your healthcare provider
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 To order: patienteduc.fraserhealth.ca



Best for a healthy future
BEGINNINGS

• A Public Health Program •



**Your First Days at Home
 with Your New Baby**

**Public Health Services for
 New Parents, Babies & Families**



Brought to you by Public Health and Maternal Infant Child and Youth Programs.
fraserhealth.ca/parenting

Public health nurses work closely with hospital nurses, doctors and midwives to provide the best possible care for new parents and babies.

A public health nurse will **call or text you in 1-3 days** after you get home with your new baby.

If you are being cared for by a **midwife** a public health nurse will not call you, however you are welcome to call the public health nurse or come to the local health unit.

The nurse will ask you about:

- Your health
- Your baby's health
- How feeding is going
- Help at home
- Your next doctor or midwife visit
- Your questions or concerns

Nurse home visits are offered to new parents and babies with special health needs and to families who do not have access to transportation.

Public health nurses are available at your local health unit to:

- Talk about how you are feeling
- Help you with feeding your baby
- Connect you with community resources



Call your doctor, midwife, Fraser Health virtual care or HealthLink BC (811) right away if...

You have...

- Bleeding from your vagina that is bright red and heavy even though you have rested
- Blood clots that are larger than a "loonie" coin
- Chills or a fever higher than 38° C
- Dizziness
- Pain or burning when you pee
- Pain, swelling, or redness near your C-Section incision
- Pain in your bottom that is not getting better
- Redness or pain in the calf or your leg
- Feelings of sadness or anxiety
- Feelings that you might hurt yourself or your baby

Your baby...

- Has a fever
- Is too sleepy to feed at least 8 times a day
- Has yellow-coloured skin on body, arms, legs (jaundice)
- Has breathing problems



Getting off to a good start with feeding...

- Your baby will eat very often in the first 72 hours. Sometimes every 1-3 hours until your milk comes in. They should feed at least 8 times in 24 hours
- You will hear your baby swallow at every feeding
- **By Day 2** – your baby will have at least **1** dirty diaper & **2** wet diapers
- **By Day 3** – your baby will have at least **2** dirty diapers & **3** wet diapers
- Your breast/chest will be full before feeding and softer after feeding



Keep a record of your baby's feedings & diaper changes for the first few days.

Public health nurses offer breast/chest feeding support **7** days a week for all parents until their babies are six weeks of age.

Call your local public health nurse if you have sore nipples or breasts, if your baby is not latching well, if you think you do not have enough milk or if you have any questions

Remember... to make an appointment to see your doctor or midwife when your baby is about 3-5 days old.

Helpful Books & Services for Parents



Baby's Best Chance:
Parents' Handbook of
Pregnancy and Baby Care



Toddler's First Steps: A Best Chance
Guide to Parenting Your 6-to-36
Month-Old Child. For your free
copy go on-line at:
[www.healthlinkbc.ca/
pregnancy-parenting](http://www.healthlinkbc.ca/pregnancy-parenting)



**Safer sleep for
my baby**

• HealthLink BC

Parents can phone HealthLink BC to talk with a nurse about non-emergency health information and advice. This service is available **24** hours a day, **7** days a week. Translation services are available.
Call **811** or go on-line at: www.healthlinkbc.ca

• Fraser Health: Go on-line at: fraserhealth.ca/parenting

Fraser health virtual care service: 1-800-314-0999, 7 days a week, 10 am to 10 pm