

Baby and Toddler Care Handbooks	
<u>Baby's Best Chance</u> Parent's Handbook of Pregnancy and Baby Care	https://www.healthlinkbc.ca/sites/default/files/documents/babys-best-chance.pdf
<u>Toddler's First Steps</u> Guide to Parenting your 6-36 month old	https://www.healthlinkbc.ca/sites/default/files/documents/toddlers-first-steps-english.pdf
SmartParent Texting Resources	
<u>SmartParent</u> SmartParent is an evidence-based text messaging program that sends you information timed to your weeks pregnancy and then baby's age to support you as you care for your child in the first year of life	https://www.smartparentcanada.ca/
8-1-1	
<u>HealthLink BC (811 Phone Line)</u> Free-of-charge provincial health information and advice phone line, available 24/7. Connect directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.	https://www.healthlinkbc.ca/more/abouthealthlinkbc/about-8-1-1
Breastfeeding	
<u>Breastfeeding in the First 3 Weeks</u> A guide to help you decide if your baby is getting enough milk	https://vch.eduhealth.ca/media/VCH/GK/GK.560.B74
<u>Breastfeeding and Vitamin D</u> Supplements for babies in their first year	https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/feeding-your-baby/vitamin-d-supplements-babies
Immunizations	
<u>Immunize BC</u> Evidence-based Immunization and tools for BC Residents	https://immunizebc.ca/
<u>BC Vaccine Schedule</u> Routine Childhood Immunizations in British Columbia	https://immunizebc.ca/sites/default/files/graphics/vaccine-schedule-infants-children-2019-screen.pdf
<u>Scheduling Immunizations</u> Your baby's first immunizations are due at two months of age. Please contact your primary health care provider to book an appointment as soon as possible to avoid delay to your child's immunization schedule. If your primary health care provider does not offer immunizations, please book your baby's immunization appointment (in Vancouver) online through the Janeapp! https://vancouverchildimmunization.janeapp.com/	
Client Feedback Survey to improve services	
Please take a Moment to help make our services better! Survey is open until May 19, 2025 https://engage.vch.ca/embeds/projects/47021/survey-tools/52087	



Jaundice	
<u>Newborn Jaundice</u> How to recognize the signs of newborn jaundice and when to see your doctor	https://www.healthlinkbc.ca/pregnancyparenting/parentingbabies-0-12months/newborns/jaundicenewbornshyperbilirubinemia
Sleep	
<u>Sleep and Your Infant</u> Information about your child's sleep needs	https://www.healthlinkbc.ca/healthlinkbcfiles/safesleepingforbabies#:~:text=Put%20your%20baby%20to%20sleep,from%20sleeping%20on%20their%20backs.
<u>Safe Sleep Guidelines</u> Helping parents and caregivers create a safe sleep plan for their baby	https://www.healthlinkbc.ca/sites/default/files/safer-sleep-for-my-baby.pdf
Postpartum Depression and Anxiety	
<u>Pacific Post-Partum Support Society</u> Telephone and text services, videos, podcasts, and ZOOM group sessions	https://postpartum.org/ Instagram: @pacificpostpartum
<u>Crisis Resources</u> Crisis lines, counselling, emergency housing, and domestic violence	https://vch.eduhealth.ca/en/viewer?file=%2fmedia%2fvCH%2fCE%2fCE.350.D66.pdf#search=domestic%20violence%20card&phrase=false
Your Baby's Dental Health	
<u>Mouth Care for Infants and Toddlers</u>	https://www.healthlinkbc.ca/healthlinkbcfiles/dentalcare-your-infant-and-toddler
Tummy Time	
<u>What is Tummy Time</u> For head shape and improving muscle strength	https://www.healthlinkbc.ca/pregnancyparenting/parentingbabies-0-12-months/babygrowth-anddevelopment/importance-tummy-time
Screen Time	
<u>Screen Time and Young Child</u> The Canadian Pediatric Society's screen time recommendations	https://www.healthlinkbc.ca/pregnancyparenting/keepingyour-child-safe/bullying-andonline-safety/media-and-yourchild-making
Infant Crying	
<u>The Period of Purple Crying</u> Frustrated by your baby's crying? A new way of understanding your baby's crying	http://purplecrying.info/
<u>Infant Mental Health</u> Comforting Your Baby	https://www.ementalhealth.ca/Toronto/Infant-Mental-Health-Comforting-Your-Baby/index.php?m=article&ID=8913
Car Seat Information	
BCAA	https://www.bcaa.com/community/child-car-seat-safety
ICBC	https://www.icbc.com/road-safety/safer-drivers/Pages/Child-car-seats.aspx