


PARENT & CHILD RESOURCES

 [8100 Granville Ave](#)

 [604 233 3150](#)

CHILDREN



THE ULTIMATE PARENT RESOURCE



- [Baby's Best Chance: pregnancy and baby care from 0-to-6 month](#)
- [Toddler's First Steps: parenting from 6-to-36 month-old child](#)

PARENTING



- [Pregnancy, parenting & early childhood](#)
- [Your first days home](#)
- [Smart parent app](#)

BREASTFEEDING



- [Breastfeeding my baby guide](#)
- [HealthlinkBC breastfeeding resources](#)
- [VCH breastfeeding resources](#)

NEWBORN JAUNDICE



- [Newborn jaundice \(other languages\)](#)

SAFE SLEEP



- [Safer sleep for my baby](#)
- [Sleep related infant death](#)

INFANT CRYING



- [Infant crying](#)
- [Purple crying](#)

TUMMY TIME

- [Tummy time](#)



DENTAL CARE

- [First Dental Visit](#)
- [Hello Cup, Bye Bye Baby Bottle](#)
 - [中文](#)
 - [ਪੰਜਾਬੀ](#)



IMMUNIZATIONS

First vaccines at 2 months

Book your appointment online [HERE](#)



- [BC immunization schedule](#)
- [Baby's immune system & vaccines](#)

CAR SEAT



- [Choosing a car seat or booster seat](#)

MOTHERS



DOMESTIC VIOLENCE

victim link bc **1 800 563 0808** (text or call 24/7)

battered women's support services crisis line

604 687 1867 (call 24/7)

- Help for victims of domestic violence
- Leaving domestic violence
- Domestic violence resource card
- CHIMO crisis line



MENTAL HEALTH

CHIMO crisis line: 604 279 7070 (8am - midnight) + live chat

- Pacific Postpartum Support Society
- "How do you feel after having a baby?" contacts
- BC Mental Health Coping with Depression or Anxiety during pregnancy and following birth
- Here to help
- CHIMO Services
- Foundry Mental Health (age 12-24)
- Mental Health & Substance Use (Richmond)
- SUCCESS (helpline in Chinese)
 - Cantonese: 604 270 8233
 - Mandarin: 604 270 8222
- MOSAIC (new immigrant families)
 - 604 254 9626



INDIGENOUS RESOURCES

- Aboriginal Pregnancy Passport
- Doulas for Aboriginal Families
- Maternal, Child, & Family Health
- Vancouver Aboriginal Health Society
- YWCA Crabtree Corner
- Indigenous Early Childhood Development Funding

RESOURCES



FINANCE & HOUSING

- Family Services of Greater Vancouver
- Income assistance
- Housing assistance
- CHIMO - housing



RICHMOND RESOURCES

- Richmond Kids - resources & referrals:
 - Growing together development guide
 - Child care
 - Early learning & play
 - Healthy & early child development
 - Children who require additional support
- Richmond Food Bank
- Richmond Women's Resource Centre
- Facebook "Richmond BC Mom & Baby Group"
- Mama for Mamas

got health questions?
speak to a public health nurse at

 **604 233 3150**

(M-F 8:30 AM - 4:30 PM)

or Healthlinkbc **811** (24/7)