

Baby and Toddler Care Handbooks	
Baby's Best Chance Parent's Handbook of Pregnancy and Baby Care	https://www.healthlinkbc.ca/sites/default/files/documents/babys-best-chance.pdf
Toddler's First Steps Guide to Parenting your 6-36 month old	https://www.healthlinkbc.ca/sites/default/files/documents/toddlers-first-steps-english.pdf
SmartParent Texting Resources	
SmartParent 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	
HealthLink BC (811 Phone Line) 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	
Breastfeeding in the First 3 Weeks A guide to help you decide if your baby is getting enough milk	https://vch.eduhealth.ca/media/VCH/GK/GK.560.B74
Breastfeeding and Vitamin D 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	
Immunize BC Evidence-based Immunization and tools for BC Residents	https://immunizebc.ca/
BC Vaccine Schedule Routine Childhood Immunizations in British Columbia	https://immunizebc.ca/sites/default/files/graphics/vaccine-schedule-infants-children-2019-screen.pdf
Book your baby's immunization appointment in Vancouver online through JaneApp: https://vancouverchildimmunization.janeapp.com/	

Jaundice	
Newborn Jaundice How to recognize the signs of newborn jaundice and when to see your doctor	https://www.healthlinkbc.ca/pregnancyparenting/parenting-babies-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