

PARENT & CHILD RESOURCES

8100 Granville Ave

604 233 3150

CHILDREN



THE ULTIMATE PARENT RESOURCE

- [baby's best chance: pregnancy and baby care](#)
- [toddler's first steps: parenting from 6-to-36 month-old child](#)



PARENTING

- [pregnancy, parenting & early childhood](#)
- [your first days home \(other languages\)](#)
- [smart parent app](#)



BREASTFEEDING

- [breastfeeding my baby guide](#)
- [breastfeeding buddy app](#)
- [breastfeeding videos](#)
- [breastfeeding resources](#)



NEWBORN JAUNDICE

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



SAFE SLEEP

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



CAR SEAT

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



PURPLE CRYING

- [newborn crying](#)
- [purple crying](#)



TUMMY TIME

- [tummy time](#)

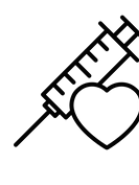


DENTAL CARE

- [baby teeth are important \(other languages\)](#)

IMMUNIZATIONS

first vaccines at 2 months



Book your appointment: **604 233 3200**

- [bc immunization schedule](#)
- [your baby's immune system & vaccines](#)

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](#)



MENTAL HEALTH

- ["how do you feel after having a baby?" contacts](#)
- [mental health & substance use \(richmond\)](#)
- [here to help](#)
- [foundry mental health \(age 12-24\)](#)



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](#)

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 "mamas for mamas - richmond"](#)
- [facebook "richmond bc mom & baby group"](#)

got health questions?

📞 speak to a public health nurse at **604 233 3150**

(M-F 8:00 AM - 4:30 PM)

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