

<b>Baby and Toddler Care Handbooks</b>	
<b>Baby's Best Chance</b> Parent's Handbook of Pregnancy and Baby Care	<a href="https://www.healthlinkbc.ca/sites/default/files/documents/babys-best-chance.pdf">https://www.healthlinkbc.ca/sites/default/files/documents/babys-best-chance.pdf</a>
<b>Toddler's First Steps</b> Guide to Parenting your 6-36 month old	<a href="https://www.healthlinkbc.ca/sites/default/files/documents/toddlers-first-steps-english.pdf">https://www.healthlinkbc.ca/sites/default/files/documents/toddlers-first-steps-english.pdf</a>
<b>SmartParent Texting Resources</b>	
<b>SmartParent</b> 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	<a href="https://www.smartparentcanada.ca/">https://www.smartparentcanada.ca/</a>
<b>8-1-1</b>	
<b>HealthLink BC (811 Phone Line)</b> 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.	<a href="https://www.healthlinkbc.ca/more/abouthealthlinkbc/about-8-1-1">https://www.healthlinkbc.ca/more/abouthealthlinkbc/about-8-1-1</a>
<b>Breastfeeding</b>	
<b>Breastfeeding in the First 3 Weeks</b> A guide to help you decide if your baby is getting enough milk	<a href="https://vch.eduhealth.ca/media/VCH/GK/GK.560.B74">https://vch.eduhealth.ca/media/VCH/GK/GK.560.B74</a>
<b>Breastfeeding and Vitamin D</b> Supplements for babies in their first year	<a href="https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/feeding-your-baby/vitamin-d-supplements-babies">https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/feeding-your-baby/vitamin-d-supplements-babies</a>
<b>Immunizations</b>	
<b>Immunize BC</b> Evidence-based Immunization and tools for BC Residents	<a href="https://immunizebc.ca/">https://immunizebc.ca/</a>
<b>BC Vaccine Schedule</b> Routine Childhood Immunizations in British Columbia	<a href="https://immunizebc.ca/sites/default/files/graphics/vaccine-schedule-infants-children-2019-screen.pdf">https://immunizebc.ca/sites/default/files/graphics/vaccine-schedule-infants-children-2019-screen.pdf</a>
<b>Scheduling Immunizations</b> Your baby's first immunizations are due at two months of age. Please contact your primary health care provider to book an appointment <b>as soon as possible</b> 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! <a href="https://vancouverchildimmunization.janeapp.com/">https://vancouverchildimmunization.janeapp.com/</a>	
<b>Jaundice</b>	
<b>Newborn Jaundice</b> How to recognize the signs of newborn jaundice and when to see your doctor	<a href="https://www.healthlinkbc.ca/pregnancy parenting/parentingbabies-0-12months/newborns/jaundicenewbornshyperbilirubinemia">https://www.healthlinkbc.ca/pregnancy parenting/parentingbabies-0-12months/newborns/jaundicenewbornshyperbilirubinemia</a>

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