

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
SmartMom & SmartParent Texting Resources	
SmartMom SmartMom is an evidence-based text messaging program that sends you information timed to your stage of pregnancy to help you achieve healthy pregnancy and birth.	https://www.smartmomcanada.ca/
SmartParent SmartParent is an evidence-based text messaging program that sends you information timed to your baby's age to support you as you care or 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/parentingbabies-0-12months/newborns/jaundicenewbornshyperbilirubinemia
Sleep	
Sleep and Your Infant Information about your child's sleep needs	https://www.healthlinkbc.ca/healthlinkbcfiles/safesleepingforbabies#:~:text=Put%20your%20baby%20to%20sleep,from%20sleeping%20on%20their%20backs.
Safe Sleep Guidelines 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	
Pacific Post-Partum Support Society Telephone and text services, videos, podcasts, and ZOOM group sessions	https://postpartum.org/ Instagram: @pacificpostpartum
Crisis Resources 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	
Mouth Care for Infants and Toddlers	https://www.healthlinkbc.ca/healthlinkbcfiles/dentalcare-your-infant-and-toddler
Tummy Time	
What is Tummy Time For head shape and improving muscle strength	https://www.healthlinkbc.ca/pregnancyparenting/parentingbabies-0-12-months/babygrowth-anddevelopment/importance-tummy-time
Screen Time	
Screen Time and Young Child 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	
The Period of Purple Crying Frustrated by your baby's crying? A new way of understanding your baby's crying	http://purplecrying.info/
Infant Mental Health 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