

## Local Public Health Units

If your call is urgent, call your doctor, midwife, 811 or 911 for immediate help.

Health Unit	Weekdays	Weekends/Stat Holidays
Abbotsford #104 34194 Marshall Rd	604.864.3400	604.864.3418
Agassiz 7243 Pioneer Ave	604.793.7160	1.866.320.7582
Burnaby #300 4946 Canada Way	604.918.7605	604.918.7601
Chilliwack 45470 Menholm Rd	604.702.4900	604.702.4903
Delta – North 11245 84 Ave	604.507.5400	604.507.5462
Delta – South #1826 4949 Canoe Pass Way	604.952.3550	604.507.5462
Hope 444 Park St	604.860.7630	1.866.320.7582
Langley 20389 Fraser Hwy	604.539.2900	604.539.2900 Ext. 743002
Maple Ridge #400 22470 Dewdney Trunk Rd	604.476.7000	604.897.4892
Mission 1st Floor 7298 Hurd Street	604.814.5500	604.217.1205
New Westminster #218 610 Sixth St	604.777.6740	604.527.4806
Surrey – Cloverdale #205 17700 56 Ave	604.575.5100	604.575.5101
Surrey – Guildford 10233 153 St	604.587.4750	604.587.4761
Surrey – Newton #200 7337 137 St	604.592.2000	604.592.2049
Surrey – North 10362 King George Blvd	604.587.7900	604.587.7908
Tri-Cities #200 205 Newport Dr	604.949.7200	604.949.7220
White Rock/South Surrey 15476 Vine Ave	604.542.4000	604.542.4073

Catalogue # 256632 (September 2021) | [spryberry.co](http://spryberry.co)  
To order, visit [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)



*Best for a healthy future*  
**BEGINNINGS**

• A Public Health Program •



**Your First Days at Home  
with Your New Baby**

**Public Health Services for  
New Mothers, Babies & Families**



Brought to you by Public Health and Maternal Infant Child and Youth Programs.  
[fraserhealth.ca/parenting](http://fraserhealth.ca/parenting)

**Public health nurses** work closely with hospital nurses, doctors and midwives to provide the best possible care for new mothers and babies.

A public health nurse **will call you 1–2 days** after you get home with your new baby.

If you are being cared for by a **midwife** a public health nurse will not call you, however you are welcome to call the public health nurse or come to the local health unit.



### The nurse will ask you about:

- Your health
- Your baby's health
- How feeding is going
- Help at home
- Your next doctor or midwife visit
- Your questions or concerns

Nurse home visits are offered to mothers and babies with special health needs and to families who do not have access to transportation.

### Public health nurses are available at your local health unit to:

- Talk about how you are feeling
- Help you with feeding your baby
- Weigh and measure your baby

### Getting off to a good start with breastfeeding...

- Your baby will feed at the breast at least 8 times in 24 hrs
- You will hear your baby swallow at every feeding
- **By Day 2** – your baby will have at least 1 dirty diaper & 2 wet diapers
- **By Day 3** – your baby will have at least 2 dirty diapers & 3 wet diapers
- Your breasts will be full before feeding and softer after feeding



### Keep a record of your baby's feedings & diaper changes for the first few days.

Public health nurses offer breastfeeding support 7 days a week for all mothers until their babies are six weeks of age. Breastfeeding support is available for mothers with older babies during regular office hours.

Call your local public health nurse if you have sore nipples or breasts, if your baby is not latching well, if you think you do not have enough milk or if you have any questions

Call your local public health nurse if you need extra support with breastfeeding or if you have questions.

**Remember...** to make an appointment to see your doctor or midwife when your baby is about one week old.

### Call your doctor, midwife or HealthLink BC (811) right away if...

#### You have...

- Bleeding from your vagina that is bright red and heavy even though you have rested
- Blood clots that are larger than a “loonie” coin
- Chills or a fever higher than 38° C
- Dizziness
- Pain or burning when you pee
- Pain, swelling, or redness near your C-Section incision
- Pain in your bottom that is not getting better
- Redness or pain in the calf or your leg
- Feelings of sadness or anxiety
- Feelings that you might hurt yourself or your baby

#### Your baby...

- Has a fever
- Is too sleepy to feed at least 8 times a day
- Has yellow-coloured skin on body, arms, legs (jaundice)
- Has breathing problems



### Helpful Books & Services for Parents

- **Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care**
- **Toddler's First Steps: A Best Chance Guide to Parenting your 6- to 36-Month-Old Child**

For your free copy go on-line at: [healthyfamiliesbc.ca/parenting](http://healthyfamiliesbc.ca/parenting)

See *'Tools and Resources'* (right side menu box). Click *'Key Resources'*.

#### • HealthLink BC

Parents can phone HealthLink BC to talk with a nurse about non-emergency health information and advice. This service is available 24 hours a day, 7 days a week. Translation services are available.

Call 811 or go on-line at: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

#### • Fraser Health

Go on-line at: [fraserhealth.ca/parenting](http://fraserhealth.ca/parenting)