

Well Baby Suggested Resources for New and Expectant Parents
2 Months Old to 6 Months Old

The topics listed below are important for you to learn about at this stage of your baby's life. Each topic is generally followed by a page reference within the [Baby's Best Chance](#) booklet or recommended website(s) where you can go to read more about it.

General websites with a variety of information:

[Manitoba Parent Zone](#) (a Manitoba Health website)
[Caring for Kids](#) (Canadian Pediatric Society website)
[Rourke Baby Record](#) (parent information section on website)
[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](#)

Breastfeeding / Nutrition:

Call your local Public Health Nurse <http://www.contactmb.org/>
Breastfeeding Hotline: Phone: 204-788-8667 (24 hours per day, 7 days per week)
[Baby's Best Chance](#)
[Healthy Child Manitoba: Information for Moms-to-be and Parents Breastmilk Your Baby's First Food](#)
[Pregnancy Winnipeg \(online resources for expectant and new moms\)](#)
[Feeding Your Baby 6 months to One Year](#)
[Healthy Child Manitoba: Feeding Your Baby 6 months to One Year](#)

Attend a monthly "Feeding Your Baby Solid Foods" workshop through your local Public Health office

Injury Prevention:

[Manitoba Public Insurance Child Care Seats: Securing Your Precious Cargo](#)
Safe sleep recommendations: Baby's Best Chance pages 124-126
Hot water: Baby's Best Chance page 129
Carbon monoxide / smoke detectors: Baby's Best Chance page 142
Choking/safe toys: Baby's Best Chance pages 142-143
Electric plugs/cords: Baby's Best Chance pages 128-129
Falls: Baby's Best Chance pages 128-129
Pacifier use: Baby's Best Chance pages 106, 110, 143
[Firearm safety: Caring for Kids](#)
Manitoba Poison Centre: 1-855-776-4766 or 1-855-7POISON

Behaviour / Family Issues:

[My Child and I Attachment for Life](#) Best Start Resource Centre and [Attachment: A Connection for Life](#) Caring for Kids
Parent/bonding: Baby's Best Chance pages 123
Crying: Baby's Best Chance pages 136 - 137
Healthy sleep habits: Baby's Best Chance pages 124
[Soothability/responsiveness](#) Caring for Kids
[Parental fatigue/postpartum depression](#)
Child Care / Return to Work Toddlers First Steps pages 123-129
Family healthy active living / sedentary behavior: Toddlers First Steps pages 77-79
[Live-5-2-1-0 Message](#) Sustainable Childhood Obesity Prevention through Community Engagement SCOPE

Environmental Health:

Second hand smoke: Baby's Best Chance page 13-14
[Sun Safety: Caring for Kids website](#)
Pesticide exposure: Toddler's First Steps pages 79

Other Issues:

Fever advice/thermometers: Baby's Best Chance page 127
Temperature control and overdressing: Baby's Best Chance page 127
[Natural health products](#) Caring for Kids
[No 'over the counter' cough / cold medicine](#) Caring for Kids
[Winnipeg Regional Health Authority Mouth Care](#)

Encourage reading: see Ages & Stages handouts provided during visit