

Well Baby Suggested Resources for New and Expectant Parents

Birth to 1 Month 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 a 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](#) (English and French version)

Breastfeeding / Nutrition:

Your local Public Health Nurse should be available to assist!
Breastfeeding Hotline: Phone: 204-788-8667 (24 hours per day, 7 days per week)
[Baby's Best Chance](#)
[Baby Friendly Manitoba: Information for Parents Breastfeeding](#)
[Pregnancy Winnipeg \(online resources for pregnancy, birth and after birth information for new and expectant parents in Winnipeg\)](#)

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
Pacifier use: Baby's Best Chance pages 106, 110, 143
[Firearm safety: Caring for Kids](#)

Behaviour / Family Issues:

[My Child and I Attachment for Life](#) Best Start Resource Centre and [Attachment: A Connection for Life](#) Caring for Kids
Parenting/bonding: Baby's Best Chance page 123
Crying: Baby's Best Chance page 136
Healthy sleep habits: Baby's Best Chance pages 124-126
[Soothability/responsiveness: Caring for Kids website](#)
Information for the public about postpartum depression can be found on the WRHA Population and Public Health Internet site at <http://www.wrha.mb.ca/community/publichealth/services-healthy-parenting.php>
or on the WRHA Mental Health website at
English resource: <http://www.wrha.mb.ca/prog/mentalhealth/postpartum.php>
French resource: <http://www.wrha.mb.ca/prog/mentalhealth/postpartum-f.php>
More information on postpartum depression is available at the following sites: www.postpartum.org and www.postpartum.net

Environmental Health:

Second hand smoke: Baby's Best Chance page 13-14
[Sun exposure: Caring for Kids website](#)

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 website](#)
[No 'over the counter' cough/cold medicine: Caring for Kids website](#)
[Winnipeg Regional Health Authority Mouth Care for your Newborn](#)

Encourage reading: see Ages & Stages handouts provided during visit