

Primary Care Clinic Well Baby Suggested Resources

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): www.manitobaparentzone.ca

[Caring for Kids](#) (Canadian Pediatric Society website): www.caringforkids.cps.ca

[Rourke Baby Record](#) (parent Information section on website): <http://www.rourkebabyrecord.ca/parents/default.asp>

[Baby's Best Chance](#): <http://www.health.gov.bc.ca/library/publications/year/2013/bbc.pdf>

Breastfeeding / Nutrition:

Your local Public Health Nurse should be available for assist!

Breastfeeding Hotline: Phone: 204-788-8667 (24 hours per day, 7 days per week)

Baby's Best Chance: <http://www.health.gov.bc.ca/library/publications/year/2013/bbc.pdf>

"Breastmilk your baby's first food": <http://www.gov.mb.ca/healthyliving/hlp/docs/nutrition/milkbr.pdf>

Pregnancy Winnipeg (online resources for expectant and new moms): <http://www.pregnancywinnipeg.com/>

Injury Prevention:

"Child car seats: Securing your precious cargo" (MPI): <https://www.mpi.mb.ca/en/PDFs/CarSeatBrochure.pdf>

Safe sleep recommendations: Baby's Best Chance pages 110-112

Hot water: Baby's Best Chance page 115

Carbon monoxide / smoke detectors: Baby's Best Chance page 128

Choking/safe toys: Baby's Best Chance pages 128-129

Pacifier use: Baby's Best Chance pages 102, 129

Firearm safety: Caring for Kids: <http://www.caringforkids.cps.ca/handouts/gun-safety-information-for-families>

Behaviour / Family Issues:

Attachment: http://www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf

Parenting/bonding: Baby's Best Chance page 110 and

Caring for Kids website: <http://www.caringforkids.cps.ca/handouts/attachment>

Crying: Baby's Best Chance pages 122-124

Healthy sleep habits: Baby's Best Chance pages 110-113

Night waking: Baby's Best Chance page 110

Soothability/responsiveness: Caring for Kids website: http://www.caringforkids.cps.ca/handouts/colic_and_crying

Parental fatigue/postpartum depression:

Caring for Kids website: http://www.caringforkids.cps.ca/handouts/depression_in_pregnant_women_and_mothers

Environmental Health:

Second hand smoke: Baby's Best Chance page 13-14

Sun exposure: Caring for Kids website http://www.caringforkids.cps.ca/handouts/sun_safety

Other Issues:

Fever advice/thermometers: Baby's Best Chance page 127

Temperature control and overdressing: Baby's Best Chance page 110

Natural health products:

Caring for Kids website: http://www.caringforkids.cps.ca/handouts/natural_health_products_and_children

No 'over the counter' cough/cold medicine:

Caring for Kids website: http://www.caringforkids.cps.ca/handouts/over_the_counter_drugs

Teething/dental cleaning/fluoride:

"Toothcare starts at birth" http://www.wrha.mb.ca/healthinfo/preventill/files/ECTD_Newborn-6_E.pdf

Encourage reading: see Ages & Stages handouts provided during visit