<table>
<thead>
<tr>
<th>RESOURCES</th>
<th>ENGLISH</th>
<th>OTHER LANGUAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-1-1</td>
<td>24/7 provincial health information and advice phone line. Connect with a registered nurse, pharmacist, exercise professional, and a dietician.</td>
<td>811- Punjabi</td>
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<td>811- Cantonese</td>
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<td>811-Mandarin</td>
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<tr>
<td>Baby’s Best Chance</td>
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<td>Toddlers First Steps</td>
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<tr>
<td>Handbook for Baby Care</td>
<td></td>
<td>Baby’s Best Chance- multiple languages</td>
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<tr>
<td>Handbook for Toddlers</td>
<td></td>
<td>Toddler’s First Steps- multiple languages</td>
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<td>Breastfeeding</td>
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<td></td>
<td>Resources for breastfeeding topics such as how long and often to feed your baby, milk expression, Vitamin D supplements and much more.</td>
<td>Healthy families BC: Feeding</td>
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<td></td>
<td>1:1 breastfeeding support with your public health nurse</td>
<td>Healthy Families BC: Videos on Breastfeeding</td>
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<td>Healthlink BC- Breastfeeding</td>
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<td>Breastfeeding in the First 3 Weeks</td>
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<td>VCH- Breastfeeding</td>
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<td>Healthy Families BC Breastfeeding Buddy Tool:</td>
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<td>BC Women’s Breastfeeding Clinic-support and breastfeeding multiples</td>
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<td>La Leche League Breastfeeding Support</td>
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<tr>
<td>Newborn Jaundice</td>
<td>Newborn jaundice is common. Most jaundice in healthy babies is not serious and does not need treatment.</td>
<td>Newborn Jaundice</td>
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</table>

**Postpartum/Newborn Resources - Richmond Public Health - 8100 Granville Avenue 604-233-3150**
### Car Seat
Information about which child car seat to choose, installation videos and how to secure your child correctly.

- [Child Car Seats](#)
- [ICBC Car Seat Recommendations](#)
- [BCAA Car Seat Safety](#)
- [Premature Baby- Car Seat Information](#)

### Safe Sleep
Information on how to promote safe sleep to decrease risk of sleep related infant death.

- [Safer Sleep for my Baby](#)
- [Sleep Related Infant Death](#)

### Purple Crying
Ways to understand your baby’s crying

- [Purple Crying](#)
- [Healthy Families- Newborn Crying](#)
- [Shaken Baby Syndrome](#)

### Mental Health
Supporting you and your family’s mental health through phone-calls, support groups, and resources.

- [Reproductive Mental Health: Coping with Anxiety](#)
- [Here to Help- Anxiety BC](#)
- [Pacific Post Partum Support Society](#)
- [Family Services of Greater Vancouver](#)
- [Touchstone Family- Counselling Services](#)
- [SUCCESS- Counselling Services](#)
- [Chimo- Counselling Services](#)
- [Richmond Foundry Clinic (ages 12-24)](#)
- [VCH Mental Health and Substance Abuse](#)

### Additional Resources
- [Safer Sleep- multiple languages](#)
- [Sleep Related Infant Death- multiple languages](#)
- [Shaken Baby Syndrome- multiple languages](#)
- [Postpartum Depression- multiple languages](#)
<table>
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<tr>
<th>Domestic Violence</th>
<th>Support is available for protection for you or a family member. <strong>Victim Link BC 1-800-563-0808 (Text or call 24/7)</strong>  <strong>BWSS Crisis Line 604-687-1867 (Call 24/7)</strong></th>
</tr>
</thead>
</table>
| **Postpartum/Newborn Resources** |  • VCH – Domestic Violence Help  
  • Leaving Domestic Violence: A Safety Planning Checklist  
  • Domestic Violence Resource Card  
  • BC Crisis Centre  
  • Battered Women’s Support Services (BWSS)  
  • Domestic Violence - multiple languages |
| Immunizations | Call to book your appointment 604-233-3200 First vaccines due at 2 months! 婴儿第一次免疫接种将在2个月大时到期 |
| **Immunizations** |  • Immunize BC  
  • Your Baby’s Immune System and Vaccines  
  • BC Immunization Schedule  
  • Your Baby’s Immune System and Vaccines - multiple languages  
  • BC Immunization Schedule - multiple languages |
| Tummy Time | Tummy time for head shape and muscle strength. |
| **Tummy Time** |  • VCH Tummy Time |
| Dental Care | Tips and guidance to promote healthy infant mouth care. |
| **Dental Care** |  • VCH Dental Health : Mouth care for Infants and Toddlers  
  • Baby Teeth are Important  
  • Mouth Care for Infants and Toddlers - multiple languages  
  • Baby Teeth are Important - multiple languages |
| Parenting | Tips, tools and more to help you raise a healthy family! |
| **Parenting** |  • VCH Parenting  
  • Healthy Families BC Parenting  
  • Your First Days Home  
  • Your First Days Home - multiple languages |
## Access to Services

- Assistance with financial support and housing.

### Richmond Specific

- Free resources for you and your family.
- On Call Public Health Nurse available Monday-Friday at 604-233-3150

### Indigenous Resources

- Information on Indigenous services, programs and initiatives in the area of maternal, child and family health.

### Richmond Specific

- **Growing Together Programs**
- **Richmond Kids Website**
- **Richmond Public Library – Baby Time**
- **Colts Young Mom Education and Daycare Program**
- **Richmond Food Bank**
- **Richmond Women’s Centre**

### Indigenous Resources

- **Our Sacred Journey- Pregnancy Passport**
- **FNHA- Maternal Child and Mental Health**
- **Battered Women’s Support Services(BWSS)- Indigenous Women**
- **Sheway Program**
- **Doulas for Indigenous Families**
- **Crabtree Corner Program**
- **Vancouver Aboriginal Health Services**
- **Indigenous Early Childhood Health Funding**
- **Lu’ma Medical Centre**
- **Aboriginal Mothers Centre**
- **Native Court Worker of BC**
- **BC Women’s Indigenous Patient Liaisons**

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### Additional Resources

- **Apply for Income Assistance**
- **Housing Assistance**
- **Family Services of Greater Vancouver**
- **Affordable Childcare Benefit**

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