**PARENTING**
- pregnancy, parenting & early childhood
- your first days home (for language) & immunization info.

**THE ULTIMATE PARENT RESOURCE**
- baby boss (change pregnancy and baby care)
- toddler's first steps (starting from A to Z)

**SAFE SLEEP**
- baby sleep for baby safety
- sleep in a "safe" crib

**NEWBORN / JUVENILE**
- newborn’s first weeks (for language)

**SPECIALTY CARE**
- oral health & immunization info ([Richmond Health](https://www.richmond.ca/health))

**FINANCE & HOUSING**
- income assistance
- housing assistance

**REPRODUCTIVE RESOURCES**
- Aboriginal pregnancy passport
- doulas for Aboriginal families
- maternal, child, family health

**ARMS OF THE LAND**
- indigenous early childhood development funding

**MOTHERS**

**DOMESTIC VIOLENCE**
- 1800 563 0808 (text or call)
- battered women's support services
- children of domestic violence

**MENTAL HEALTH**
- here to help
- 1800 563 0808 (text or call)

**RESOURCES**

**IMMUNIZATIONS**
- [BC Immunization Schedule](https://www.gov.bc.ca/health/immunization)
- first vaccines at 2 months
- [Book your appointment: 604 233 3200](https://www.gov.bc.ca/health/immunization)

**PARENTING RESOURCES**
- [Richmond Kids Resources & Referrals](https://www.richmond.ca/health)
- child care, early learning & play
- healthy & active child development
- children & family health
- [Richmond Women's Resource Centre](https://www.richmond.ca/health)
- [Facebook: Mamas for Mamas - Richmond BC](https://www.facebook.com/mamasformamasrichmondbc)
- [Facebook: Richmond BC Mom & Baby Group](https://www.facebook.com/groups/richmondmomandbaby/)

**DIRECT ACCESS RESOURCES**
- [Richmond Food Bank](https://www.richmondfoodbank.ca/)
- [Richmond Women's Resource Centre](https://www.richmond.ca/health)
- [Facebook: Mamas for Mamas - Richmond BC](https://www.facebook.com/mamasformamasrichmondbc)
- [Facebook: Richmond BC Mom & Baby Group](https://www.facebook.com/groups/richmondmomandbaby/)

**HOME BASE**
- Richmond Kids Resources & Referrals
- child care, early learning & play
- healthy & active child development
- children & family health

**ARMS OF THE LAND**
- Indigenous early childhood development funding

**BABY'S BEST CHANCE**
- pregnancy and baby care
- toddler's first steps (from A to Z)

**SMART PARENT APPS**
- breastfeeding my baby guide
- breastfeeding buddy app
- breastfeeding videos

**DENTAL CARE**
- baby teeth and important (for language)
- [Richmond Health](https://www.richmond.ca/health)

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