CHILDREN

THE ULTIMATE PARENT RESOURCE

• Baby & Child-Friendly Community Planning: a practical guide for parents and communities

PARENTING

• neighbourhood parenting & child development
• transition to school

BREASTFEEDING

• breastfeeding on tap
• breastfeeding basics

NEWBORN JAUNDICE

• jaundice (other languages)

SAFE SLEEP

• safe sleep for my baby
• sleep related infant death

PURPLE CRYING

• answering your questions

TUMMY TIME

• tummy time

DENTAL CARE

• baby teeth are important (other languages)

IMMUNIZATIONS

first vaccines at 2 months
• be immunization schedule
• your baby’s immune system & vaccines

MOTHERS

DOMESTIC VIOLENCE

• domestic violence helplines & local resources

MENTAL HEALTH

• mental health & substance use (richmond)

INDIGENOUS RESOURCES

• aboriginal pregnancy passport
• aboriginal birth & baby support

FINANCE & HOUSING

• family services of greater vancouver
• housing assistance

RICHMOND RESOURCES

• Richmond Public Health
• Richmond Food Bank

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