

Other services offered

Child Health Clinics for:

- immunizations
- growth, development, safety and nutrition information
- parenting resources

Contact your Public Health Centre as soon as possible for an appointment.

Parent and Baby Groups to:

- talk with a Public Health Nurse about your questions and concerns
- meet and share information with other new parents
- hear speakers on health topics

Other Resources

Healthy Families BC (information about pregnancy, babies and toddlers)
www.healthyfamiliesbc.ca

HealthLink BC
www.healthlinkbc.ca

Vancouver Coastal Health
www.vch.ca

VCH Parenting Resources
<http://parenting.vch.ca/>

Local Public Health Centre

Call if you have not been phoned within 24 hours of coming home.

North Shore

North Shore Community Health Center
5th floor, 132 West Esplanade
604-983-6700

Richmond

Richmond Public Health
8100 Granville Avenue
604-233-3150

Vancouver

Evergreen Community Health Centre
3425 Crowley Drive
604-872-2511

Pacific Spirit Community Health Centre
2110 West 43rd Avenue
604-261-6366

Raven Song Community Health Centre
2450 Ontario Street
604-709-6400

Robert and Lily Lee Family Community Health Centre
1669 East Broadway
604-675-3980

South Community Health Centre
6405 Knight Street
604-321-6151

Three Bridges Community Health Centre
1292 Hornby Street
604-736-9844

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **GK.500.B33**
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www.vch.ca

Your First Days Home



Following the birth of your baby, a Public Health Nurse is available to provide support to you and your family. For immediate concerns, call:

- **HealthLink BC at 8-1-1**
For deaf and hearing-impaired assistance (TTY), call 7-1-1.
Nurses are available 24 hours a day
- **Your Local Public Health Centre**
(phone numbers are on the back)

**Call a Public Health Nurse,
HealthLinkBC or your Doctor
if you have:**

- bleeding that changes to bright red and is very heavy even when you are resting
- clots (clumps of blood) larger than a loonie
- fever greater than 38°C (100.4°F) and chills
- dizziness or feel faint even when you are resting
- difficulty passing urine (peeing)
- sore nipples or breasts
- a caesarean incision that is red, painful, swollen or wet
- pain in your perineum (bottom) that is not getting better
- feelings of sadness, anxiety or fears of hurting yourself or your baby



**Call a Public Health Nurse,
HealthLinkBC or your Doctor
if your Baby:**

- has a fever of 37.5°C or more (underarm temperature)
- is not latching well at the breast
- is not sucking well from breast or bottle
- is too sleepy to feed 8 or more times a day
- has yellow skin color on the body, arms, legs, or in the whites of the eyes

When feeding your baby:

- hold baby skin to skin
- breastfeed at least 8 or more times a day
- feed during the day and night

**Signs your baby is getting
enough milk:**

- there are at least 3 wet diapers and 3 loonie sized stool (“poo”) by 3 days of age
- by day 3, your breasts are feeling fuller
- you hear swallows during each feeding

**Keep a record of the feedings and
diaper changes in the first few days.**

**Your baby should have
check-ups around:**

- 3–4 days of age
- 7–10 days of age
- 6 weeks of age

If you do not have a primary health care provider, talk to your Public Health Nurse.

**You can also talk to a
Public Health Nurse about:**

- changes in your body
- feelings and emotions
- concerns about your family
- birth control and sex
- rest and sleep
- smoking and alcohol use
- crying and responding to baby
- learning about your baby’s needs
- immunizations
- growth and development
- infant safety
- safe sleeping
- feeding issues