Other Services Offered

Child Health Clinics for:
• immunizations
• growth, development

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

Other Resources

HealthLink BC
healthlinkbc.ca

Vancouver Coastal Health
vch.ca

VCH Parenting Resources
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
1128 Hornby Street
604-331-8900

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.

Have Baby Assessed:

- 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