

Local Public Health Units

If your call is urgent, call your doctor, midwife,
811 or 911 for immediate help

<u>Health Unit</u>	<u>Telephone</u>
Campbell River Health Unit	250.850.2110
Comox Valley Health Unit	250.331.8520
Duncan - Margaret Moss Health Unit	250.709.3050
Esquimalt Health Unit	250.519.5312
Ladysmith Health Unit	250.755.3342
Lake Cowichan Health Unit	250.749.6878
Nanaimo Health Unit	250.755.3342
Parksville Family Place	250.947.8242
Peninsula Health Unit	250.544.2400
Outer Gulf Islands	Toll free 250.539.3099
Port Alberni Health Unit	250.731.1315
Port Hardy Health Unit	250.902.6071
Port McNeill Health Unit	250.956.4711
Saanich Health Unit	250.519.5100
Salt Spring Island Health Unit	250.538.4880
Sooke Health Unit	250.642.5464
Tofino/Ucluelet - Coastal Family Place	250.725.4020
Victoria Health Unit	250.388.2200
West Shore Health Unit	250.519.3490



**Your First Days at Home with
Your New Baby**

Public Health Services for New Families

Public Health Nurses work closely with hospital nurses, doctors and midwives to provide the best possible care for new mothers and babies.

Public Health Nurses in your community are available to:

- Talk about your health and your baby's health
- Help you with questions or concerns about feeding your baby
- Weigh and measure your baby
- Talk about how you are feeling
- Help you find the support you need

If you have a midwife: your midwife will provide your care in the first days and weeks after your baby is born and you can call the public health nurse at any time. The public health nurse will also call you at 6 weeks.

If you have a doctor: a nurse will call you soon after you get home with your new baby and you can call the public health nurse at any time. The public health nurse will also call you at 6 weeks.

A good start for breastfeeding:

- Your baby will breastfeed at least 8 times in 24 hours
- You will hear or see your baby swallow at every feeding
- Once your milk is "in" (day 3-4) your breasts will feel full before feeding and softer after feeding
- By Day 2 – at least 2 wet diapers and 1 soiled diaper in 24 hours
- By Day 3 – at least 3 wet diapers and 2 soiled diapers in 24 hours

Keep a record of your baby's feedings and wet and soiled diapers for the first few days. Check your baby's weight by 4 to 5 days of age.

Call your local public health nurse if you need extra support with feeding your baby or if you have questions about your health or the health of your baby.

Make an appointment to see your doctor or midwife when your baby is 7 to 10 days old if your baby hasn't already been seen.

Call your doctor or midwife right away:

If you have:

- Heavier bright red bleeding (soaking more than one pad in an hour) even though you emptied your bladder and rested
- Blood clots larger than a lemon
- Chills or a fever higher than 38° C
- Dizziness and faintness even though you are rested
- Feelings that you might hurt yourself or your baby
- Pain or redness in your lower legs
- A C-section incision that opens up

If your baby has:

- A fever that is higher than 37.7° C (under arm)
- Difficulty breathing (fast breathing, grunting, wheezing, flaring nostrils)
- Fed poorly (less than 8 times in 24 hours and is sleepy and/or floppy)
- Jaundice in the first 24 hours (very yellow colour to skin and whites of eyes)

Helpful Resources for Parents

- **Your local health unit** - weekdays from 8:30-4:30 (see phone numbers on reverse)
- **VIHA Infant Feeding and New Parent Support Line – Weekends only: 1-855-339-6825**
(If you get voicemail, leave a message and a public health nurse will return your call within 24 hours.)
- **Call 8-1-1** to speak to a nurse or go on-line at www.healthlink.bc.ca (translation services are available)
- ***Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care***
- ***Toddler's First Steps: A Best Chance Guide to Parenting your 6- to 36-Month-Old Child***

For your free copy of these books and for other helpful information call your local public health unit or go on-line at: www.bestchance.gov.bc.ca