

Local Public Health Units

For urgent help call your doctor, midwife or dial 811.
In an emergency, dial 911.

<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	250.519.5311
Ladysmith Health Unit	250.755.3342
Lake Cowichan Health Unit	250.749.6878
Nanaimo Health Unit	250.755.3342
Oceanside Public Health	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 Public Health	250.538.4880
Sooke Health Unit	250.519.3487
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 Mothers,
Babies and Families



Right From The Start
Public Health Perinatal Services

rightfromthestart@viha.ca



Public Health Nurses work in partnership with mothers, and alongside 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
- Work with you to answer questions or concerns about feeding your baby
- Weigh and measure your baby
- Explore what mothering feels like for you
- Talk with you about what other supports may interest you

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 public health nurse will call you soon after you get home with your new baby, and you can call them 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, as well as wet/soiled diapers for the first few days. Check your baby's weight by 4-5 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 7-10 days old, if your baby hasn't already been seen.

See your doctor or midwife right away, or seek emergency care (visit an emergency department or dial 911)

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
- An opening in your C-section incision



If your baby has:

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

Helpful Resources for Parents

- **Your local health unit: Most units offer 8:30 a.m. - 4:30 p.m., 6-7 day/week service.** (see phone numbers on reverse)
- **Call 811** to speak to a nurse or go online at www.healthlinkbc.ca (translation service available)
- **Healthy Families BC:** www.healthyfamiliesbc.ca/
- **Breastfeeding Buddy:** www.healthyfamiliesbc.ca/home/articles/breastfeeding-buddy
- **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.healthyfamiliesbc.ca/