



*With all of your new responsibilities,
please remember ...*

- ✓ take good care of yourself
- ✓ take a few minutes for yourself each day
- ✓ some days will be frustrating
- ✓ plan ahead but don't be disappointed if you don't get everything done in one day ... or one week...
- ✓ accept offers of help from family and friends
- ✓ share your concerns, worries and joys with other parents
- ✓ enjoy the time with your baby!

If you are experiencing any of the following, talk with someone you trust, or discuss it with your health care provider or a public health nurse. You may be experiencing the 'baby blues' or postpartum depression.

When & What Did You Eat Today?

*Canada's Food Guide to
Healthy Eating is a good
resource to keep you on track.
Keep foods simple and handy
and eat regularly to
keep up your strength
and promote
healing.*

After a few weeks if you are ...

- feel really overwhelmed
- are crying frequently
- have trouble sleeping
- are not eating well
- feel full of anger
- feel like you can't cope

If anytime in the first year you are ...

- having difficulty coping
- having difficulty concentrating or making a decision
- not sleeping or eating well
- getting anxious over the littlest thing
- feeling guilty
- feeling full of anger or ready to explode
- feel like you're 'going crazy'
- are having physical symptoms such as shortness of breath

*You are not alone... It does not last forever, but the sooner you seek help,
the sooner you can begin to enjoy life again.*

Interesting Websites and Books

Telehealth Ontario

1-866-797-0000

Access to a Registered Nurse – 24 hours a day, 7 days a week

Baby Center - www.babycenter.com

Information about pregnancy, children's health, parenting and more.

Caring for Kids - www.caringforkids.cps.ca

Child and youth health information from Canadian paediatricians.

La Leche League International - www.llli.org

Provides support, encouragement, information, and education about breastfeeding.

Motherisk - www.motherisk.org

Canada's expert on the safety of medications, infections, chemicals, personal products and everyday exposures during pregnancy and breastfeeding.

Safe Kids Canada - www.sickkids.ca/safekidsCanada

Resources and information about safety and children.

Eat Right Ontario - www.eatrightontario.ca

Information from Registered Dietitians about food and nutrition, meal planning advice, healthy eating tips and recipes.

Dietitians of Canada - www.dietitians.ca

Canadian nutrition resources

Today's Parent - www.todayparent.com

A parenting community that offers information on all age groups including pregnancy, baby, toddler, preschool, school-age, and adolescents.

Infant and Toddler Safety Association 1-519-570-0181 or 1-888-570-0181

Provides information and resources about car seats and additional material to prevent unintentional injury and death to infants and toddlers.

Regional Product Safety Office - Health Canada 905-572-2845

To register a complaint about a child's product 1-866-662-0666

Poison Information - www.caringforkids.cps.ca 1-800-268-9017

Health Canada - www.hc-sc.gc.ca

Provides information about a variety of health topics including product advisories and warnings.

Growing Healthy Canadians - www.growinghealthykids.com

A Guide for Positive Child Development

Pacific Postpartum Support Society - www.postpartum.org

Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.

Your Baby and Child, from Birth to Age Five, by Penelope Leach

The Fussy Baby, by Dr. William Sears

Nighttime Parenting, by Dr. William Sears

Child of Mine, Feeding with Love and Good Sense,
by Ellyn Satter

Feeding Your Baby the Healthiest Food: From Breast Milk to Table Foods,
by Louise Lambert-Legace

The Womanly Art of Breastfeeding,
by LaLeche League International

Raising Happy, Healthy, Weight-Wise Kids,
by Judy Toews and Nicole Parton

Your Child's Best Shot: A Parent's Guide to Vaccination,
a publication of the Canadian Paediatric Society

CALL US...

Huron County Health Unit

HEALTH LINK

519-482-3416

or

1-877-837-6143

Monday, Wednesday and Friday
- Noon to 4 p.m.

Wingham office - 519-357-4993

Breastfeeding
Drop in Clinic

Every Thursday - 9 to Noon

Check it out!

Parenting Programs

Life after Baby – a parenting program for mothers with babies up to one year
519-482-3416

Breastfeeding Buddies - mothers helping mothers with breastfeeding support
519-482-3416

Ontario Early Years Centres – Check out the locations and children's programs in your area
519-482-8505
1-888-371-5718

Rural Response for Healthy Children – operates T.H.E. Bus, a toy lending library, play groups and other programs. Parent Support Program (in home), Family Ties Program (community) and Father Involvement and Parent Support. Check out the schedule in your area. Call 519-482-8777 or 1-800-479-0716

