

Dr. Balpreet K. Grewal M.D.
 Feb 2021

Useful Information for New Parents

Frequently Asked Questions:

When do I see my Doctor for a baby check up?

All babies must be seen **within 1 week** of birth by their health care provider. This can be their Family Physician, Midwife or Maternity unit.

Women who have been under midwifery care are usually entitled up to six weeks post-partum care via their midwife. The midwife will formally hand over your care to your Family Doctor at six weeks after giving birth. Please book an appointment with your Family Doctor soon after discharge from the midwife.

If you have been under Obstetrician care, you will be advised upon discharge to book an in-person appointment with your family Doctor **within 1 week** of delivery.

Due to high demand, please make the appointment as soon as possible.

Most maternity units offer up to 2-6 weeks postpartum care for the newborn baby. This option may need to be taken up until you have an appointment with your Family Doctor.

Which vaccinations does my baby need and when?

The full vaccination schedule is found at
<https://www.healthlinkbc.ca/health-library/vaccinations/bc-immunization-schedule>

Where do I take my baby to be vaccinated?

Your baby can be vaccinated at the **Family Doctor's clinic or Public Health Unit**.

When booking vaccinations with your Family Doctor, please book appointments at least 2 weeks in advance to ensure availability.

Find a Public Health Unit at <https://immunizebc.ca/finder>

In the first year of life, vaccines are administered at 2, 4, 6 and 12 months of age.

	2 Months	4 Months	6 Months	12 Months
Immunization(s)	DTaP-HB-IPV-Hib Men-C PCV 13 Rotavirus	DTaP-HB-IPV-Hib PCV 13 Rotavirus	DTaP-HB-IPV-Hib Rotavirus	Varicella (Chickenpox) MMR Men-C PCV 13

Where can I record which immunizations my baby has had?

You will receive a "Child Health Passport". Please bring this with you at the time of your appointments. It will help you keep a record of your baby's vaccination dates and when the next set of immunizations are due.

If you do not have a "Child Health Passport" you can download and print one at <https://www.healthlinkbc.ca/sites/default/files/documents/child-health-passport-eng.pdf>

Other health care providers to support you through new parenthood:

Breastfeeding Support

Monday to Friday, 8:30am to 7:30 pm: 604-918-7605
Weekend/Holidays: 604-918-7601

Public Health Nurse

You can access services for guidance regarding breast feeding, weight checks, etc. from the public health nurse by calling the Best Beginnings Program at 604-918-7605 press 0.

Lactation Consultants

If further support is needed with latching/breastfeeding, you can arrange to see a Lactation Consultant.

- **Lactation Consultant at BC Women's Hospital**
Families from anywhere can call and speak to a lactation consultant or book a virtual or outpatient appointment and there is no cost to the client and no referral needed. <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/breastfeeding-clinic>
- **Private-fee based Breastfeeding Support/Lactation Consultants**
The lactation consultants listed in the registry work for a Health Authority or may be in private practice. <http://www.bclca.ca>
- **FSGV's Early Childhood Community Consultant (ECCC)**
The Family Services of Greater Vancouver (FSGV) Early Childhood Community Consultant (ECCC) is offering free, one-on-one, community-based and virtual consultations to Burnaby residents caring for children 0-5 years old. The ECCC is available to help guide, coach, model parenting best practices, and support residents with young children. <https://fsgv.ca/programs/early-childhood-community-consultant>

Online Resources:

- **Parents Handbook of Pregnancy and Baby Care**
This handbook covers everything from conception, pregnancy and caring for your new baby. Includes useful information for introducing solid food to your baby.
<https://www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf>
- **Fraser Health**
<https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby/breastfeeding>
- **Mother-To-Mother Breastfeeding Support and Free Virtual Prenatal Classes**
<https://www.lllc.ca>
- **Baby's 1st Foods**
Please use the link below to get information on when to introduce solid food and what kind of food to introduce. Information is available in English, Arabic, Chinese, Farsi, French, Korean, Punjabi, Spanish, and Vietnamese.
<https://www.healthlinkbc.ca/healthlinkbc-files/babys-first-foods>
- **Diaper Rash**
The link below provides useful information on managing diaper rash.
<https://www.healthlinkbc.ca/healthwise/diaper-rash>
- **Parenting Resources**
This site guides you through common topics such as healthy development, bathing your baby, language development, mindful parenting, baby massage, science and research etc.
<https://kidcarecanada.org>
- **Healthy Sleep for Infants and Children**
This site provides information regarding how much sleep your child requires throughout their childhood, including useful information on sleeping habits.
https://caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy_sleep_for_your_baby_and_child
- **How to Help Your Baby With Colic**
This site provides useful information on colic including what causes it, treatments and home remedies.
<https://www.whattoexpect.com/first-year/health-and-safety/what-is-colic>

For more information, please book an appointment with your family doctor.

This document was last updated in February 2021.