

New Baby Information Resources

Revised Feb 20/14

Bringing Baby Home: http://www.caringforkids.cps.ca/handouts/bringing_baby_home

Feeding

Feeding Your Baby in the First Year

- http://www.caringforkids.cps.ca/handouts/feeding_your_baby_in_the_first_year

Formula Preparation

- http://kidshealth.org/parent/pregnancy_newborn/formulafeed/formulafeed_storing.html

Food Allergies

- http://www.caringforkids.cps.ca/handouts/food_allergies_and_intolerances

Feeding Schedules 0-24 months

- <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Infants/Feeding-Infants-and-Toddlers.aspx>

Breastfeeding Support Drop-Ins

- <http://ottawa.ca/en/residents/public-health/pregnancy-and-babies/baby-express-and-breastfeeding-support-drop-ins>

Ottawa Public Health – Feeding your Baby

- <http://ottawa.ca/en/residents/public-health/feeding-your-baby>

Safety

Safe Sleep for Babies

- http://www.caringforkids.cps.ca/handouts/safe_sleep_for_babies
- <http://healthycanadians.gc.ca/kids-enfants/sleep-sommeil/index-eng.php>

Car Seats and Road Safety

- <http://healthycanadians.gc.ca/kids-enfants/road-rue/index-eng.php>
- http://www.caringforkids.cps.ca/handouts/car_seat_safety
- <http://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stages-1083.htm>

Fever

- <http://www.cheo.on.ca/en/treat-fever>

Immunization

Ontario Educational Resources: Vaccines

- <http://www.ontario.ca/vaccines>

Ministry of Health and Long-Term Care Immunization Information

- http://www.health.gov.on.ca/en/public/publications/pub_immun.aspx
 - Within this site, make sure to read about:
 - Pneumococcal Conjugate

- Diphtheria, Tetanus, acellular Pertussis, Polio and Infant Haemophilus B
- Measles, Mumps and Rubella
- Rotavirus
- Varicella
- Publicly Funded Immunization Schedule for Ontario

Health Canada's Immunization Division

- <http://healthycanadians.gc.ca/kids-enfants/immunization-immunisation/index-eng.php>

Development

Healthy Babies, Health Children - free home visiting program

- <http://ottawa.ca/en/residents/public-health/pregnancy-and-babies/healthy-babies-healthy-children-hbhc>

Postpartum Depression

- <http://familyservicesottawa.org/moms-groups/>

Speech and Language

- Birth to 30 months:
http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/brochure_speech.aspx
- Preschool:
http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/brochure_preschool.aspx
- Ottawa Preschool Speech and Language Program: <http://firstwords.ca/parents/>

Community Services

Carlington Community Health Centre (our clinic is within their service area):

- <http://www.carlington.ochc.org/carlington/Default.aspx?tabid=93&language=en-CA>

List of Ottawa Community Health Centres (go to each website in list to see if you are within their service area):

- http://ottawa.ca/en/residents/public-health/healthcare/finding-healthcare#P93_2800