



Welcome to Child Health Clinic

Today, the Public Health Nurse will offer to immunize, weigh and measure your baby and answer your questions. If you have questions about you or your baby, let us know below.

Do you have any questions about the following? *(check any)*

- Comforting my baby during immunizations
- Feeding my baby
- Mouth cleaning
- Growth and development
- Sleeping
- Tummy time
- Communicating with my baby
- Eyes/vision
- Ears/hearing
- Baby's behaviour
- Car seats
- Home safety
- Parenting/caring for my baby
- Emotional health for parents/postpartum depression
- Relationships/support
- Second hand smoke/vapour products and how it affects my baby
- Alcohol, cannabis, other substances and how they affect my baby
- Quitting tobacco, vapour products, cannabis or other substances
- Anything else? _____

- I have no questions**

Telephone Support

HealthlinkBC	8-1-1
Free health information and advice line from a registered nurse, registered dietitian, qualified exercise professional or a pharmacist. Available 24/7	
Alcohol and Drug Information Referral Service	1-800-663-1441
Available 24/7	
310Mental Health Support	310-6789
(no area code needed) Available 24/7	
Suicide Crisis Helpline	9-8-8
QuitNow	1-877-455-2233
Pacific Post Partum Support Society	1-855-255-7999
Monday – Friday, 10:00 am – 3:00 pm	
Text support:	604-255-7999
B.C. Poison Control Centre	1-800-567-8911

On-line Resources

- Baby's Best Chance Book**
<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>
- Feelings First**
www.feelingsfirst.ca
- HealthLink BC**
<https://www.healthlinkbc.ca/pregnancy-parenting>
- Parachute Canada (Safety)**
<https://www.parachute.ca/en/injury-topics/>
- PURPLE Crying**
<https://www.dontshake.ca/>
- Interior Health**
www.interiorhealth.ca/YourHealth/Pages/default.aspx
- First Nations Health Authority**
<https://www.fnha.ca/what-we-do/maternal-child-and-family-health>
- BC211**
Free information and referral regarding community, government and social services in BC.
<https://bc.211.ca/>



2 Months: Tips for My Healthy Growth and Development

Physical and Social / Emotional Development

- A healthy brain helps me develop in all areas.
- I like it when you look at me, talk to me and copy my actions, voice and sounds. This back and forth is building my brain and is called "Serve and Return".
- I'm not ready for screen time before I'm 2 years old. My brain is still developing and grows with interaction.
- I need 30 minutes of supervised tummy time spread throughout the day while I'm awake. This helps me build strong arms and shoulder muscles and prevents a flat head.
- Cuddle and comfort me when I'm upset or cry. It's not possible to spoil me.



Vision, Hearing and Language

- I see best if objects are about 18 – 45 cm (7 – 18 inches) away from me.
- I like to see your face when you talk to me. It helps me learn when you repeat and respond to my babbles.
- I love to hear your voice. I love it when you look and talk to me. This helps my language develop.
- I enjoy it when you sing songs, read to me and tell me nursery rhymes.

Behaviours

- All babies cry and I may cry for hours a day. I usually cry less as I get older. If you respond to my early cues, it helps me feel safe and I may not cry as much.
- Sometimes there's nothing you can do to stop me from crying. Stay calm, never shake me. It's okay to put me down in a safe place and take a break.
- I will sleep about 15 hours each day. It is normal for me to wake up every few hours at night.



Healthy Smiles

- Wipe my gums daily with a clean damp washcloth.
- You can pass cavity-causing bacteria on to me. Take good care of your teeth. Don't put a spoon or soother in your mouth before giving it to me.

Infant Feeding

- Breastmilk is the only food I need until I'm about 6 months old and continues to be important for 2 years or more.
- Follow my cues for when and how long to feed me.
- I like it when you look at me while I'm feeding; it strengthens our bond.
- If I'm breastfed or fed both breastmilk and infant formula, I need a liquid vitamin D supplement of 400 IU each day.

Safety

- I need to stay in a rear-facing car seat for every trip until I'm at least 1 year old and weigh 10 kg (22 lbs). If the manufacturer's weight-limit allows, keep me rear-facing longer. Don't rush to turn me forward-facing too soon. The back seat is safest for me.
- I may start to roll so don't leave me alone where I can fall or get stuck.
- The safest place for me to sleep is on my back, in my own crib or bassinet and in your room. I don't need bumper pads, heavy blankets, pillows or toys in my crib. It's safest for me not to be swaddled.
- My growing body needs fresh air; keep me away from second-hand smoke and vapour from tobacco, cannabis and vapour products.

