

Telephone Support

If you have any concerns before the Public Health Nurse calls, you can reach a nurse:

7 Days a Week, 8:30 a.m. – 4:30 p.m.

Kelowna and surrounding area
250-469-7070 ext. 13312

Vernon and surrounding area
250-549-6332

Penticton and surrounding area
250-770-3418

Kamloops and surrounding area
250-851-7362

5 Days a Week, Monday to Friday 8:30 – 4:30 pm (excluding stat holidays)

Kootenay Boundary, East Kootenay areas,
Williams Lake, 100 Mile House

To find your local Health Centre go to:
<https://www.interiorhealth.ca/locations>

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

310 Mental Health Support

310-6789 (no area code needed)
Available 24/7

Pacific Post Partum Support Society

Monday to Friday, 10:00 a.m. – 3:00 p.m.
1-855-255-7999
Text support 604-255-7999

Contact your Doctor or Midwife

Helpful Resources

Baby's Best Chance

<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>

HealthLinkBC Parenting Babies 1-12 months

<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months>

Bringing your Baby Home

Find information for your first days at home and beyond (new baby information package, paperwork for newborns, baby blues, depression and anxiety and more)

<https://www.interiorhealth.ca/health-and-wellness/pregnancy-and-childbirth/bringing-your-baby-home>

It is best for your baby if no one smokes tobacco, cannabis or vapes inside your home or around your baby.

Interested in quitting? Need some help?

Contact: www.quitnow.ca

1-877-455-2233

If the nurse is coming to your home, please provide a smoke free environment



Interior Health

Public Health Maternity Care



After You Get Home

A Public Health Nurse will call you after you come home from the hospital.

The nurse will check how you and your baby are doing and answer any questions you may have.

Public Health Nurses provide free breastfeeding support.

Taking Care of Yourself

It is important to take time every day to care for yourself.

- Rest and sleep when your baby sleeps;
- Eat often and drink plenty of fluids;
- Keep your days simple for the first couple of weeks. Focus on feeding and caring for your baby;
- Ask for help when you need it. Family and friends can help with meals, housework and care of other children.

Call your Public Health Nurse, Doctor or Midwife if:

- Your flow gets heavier rather than lighter;
- Your flow has a foul smell;
- You have flu-like symptoms or an unexplained fever over 38° C;
- The stitches on your bottom open up, drain, or become infected;
- Your caesarean incision becomes warm, red or starts to drain;
- You have redness or pain in the calf of your leg;
- You have a tender, red area on your breast that is not relieved by heat, massage and frequent breastfeeding;
- You have to pee often and it hurts to pee;
- You have trouble with constipation;
- You feel sad or emotionally unwell.



Feeding Your Baby

Your milk is the only food your baby needs for the first six months. While breastfeeding is natural, it isn't always easy and can take time, patience, and support.

- Place your baby skin-to-skin on your bare chest to comfort baby and promote milk supply;
- Feed your baby frequently: 8 or more times in 24 hours;
- Some babies feed very often at first and this is normal;
- Look for signs that your baby is waking for feeds before he/she starts to cry;
- Public Health Nurses are there to help you with free breastfeeding support. See Telephone Support on back;
- For more information on feeding your baby see <https://www.interiorhealth.ca/health-and-wellness/pregnancy-and-childbirth/feeding-your-baby>

Although human milk is best, sometimes formula is necessary. If you need to use formula, talk to your health care provider and see <https://www.healthlinkbc.ca/healthlinkbc-files/feeding-your-baby-formula-you-start>

Feedings are going well when:

- Your baby has an increasing number of wet diapers each day and at least two stool diapers per day;
- Your baby is content after most feeds;
- You can hear your baby swallowing during feeds;
- Your nipples are comfortable;
- Your breasts are full before feeding and softer afterwards.

Taking Care of Your Baby

Safer Sleep

Your baby is safest when put down to sleep on their back, in a crib or bassinet that meets Canadian safety standards. There should be no quilts, pillows, stuffed toys or other soft material in the crib.

Safer Sleep For My Baby

<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/baby-safety/safer-sleep-my-baby>

Biliary Atresia Screening

Remember to check your baby's stool (poop) colour every day for the first month after birth. Use the BC INFANT STOOL COLOUR CARD® that was given to you at the hospital. Biliary atresia is a rare but serious liver disease that begins to affect newborns in the first month of life. It can be treated when detected early.

Call your Health Care Provider if:

- Your baby does not wake for feeds, especially if baby's skin or the white part of their eyes appear yellow;
- You have trouble feeding your baby;
- Your baby does not have increasing number of wet and stool diapers in the first week of life;
- Your baby has trouble breathing or develops a fever;
- Your baby vomits forcefully an entire feed several times in a row. Spitting up after feeding is not a reason to be concerned;
- Your baby will not stop crying.