

Prenatal Program Resources



Follow these tips for
baby's Healthy Start

Please feel free to check out our [Having a Baby](#) website for pregnancy information and prenatal resources.

[Healthy Families BC](#)

Learn more about planning for a pregnancy, care during pregnancy, labour, birth, as well as postpartum baby and toddler care.

- [Breastfeeding Buddy Tool](#) - Web-based app full of tips, tools, videos, and more to help with breastfeeding. It also contains links to community.

[Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care](#)

A reference guide to help new parents from pregnancy, through birth, and in the parenting of a baby up to six months of age. Available in English, French, and as an easy to read digital flip book.

[Perinatal Services BC- Pregnancy](#)

Information about prenatal genetic screening and emotional health resources.

- [Our Special Journey: Pregnancy Passport](#)

[HealthLink BC](#)

- Food Safety during Pregnancy
- Immunizations and Pregnancy
- Medically-approved information on more than 5,000 health, nutrition, and medication topics and tips for maintaining a healthy lifestyle.



8-1-1 – Call from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night pharmacists are available to answer your medication questions. You can also speak to a health service representative for general health service information

[The Healthy Pregnancy Guide](#)

[BC Association of Pregnancy Outreach Programs](#)

[Immunize BC](#)

Immunization helps protect you & your baby from a number of serious diseases and it is recommended that pregnant women at any stage of pregnancy. Speak to a Public Health Nurse or Health Care Provider to check that you have all the recommended immunizations **BEFORE, DURING** and **AFTER** your pregnancy.

[La Leche League Canada](#) – Breastfeeding resources.

[BC Association of Family Resource Programs](#)

[StrongStartBC](#)

Participate with your young child (aged birth to five) in play-based early learning activities including stories, music, and art. At no cost to families, this early learning drop-in program helps prepare children for success in Kindergarten.

[Service Canada](#)

Information on after your baby's birth, maternity and parental leave, registering your baby's birth and more.



[Our Sacred Journey: Aboriginal Pregnancy Passport](#)

You can use this Pregnancy Passport to keep records, write down your goals, questions, ideas, and your decisions. The first two sections include useful information for your whole pregnancy.



[Honoring Our Babies Toolkit: Safe Sleep](#)

Provides expectant mothers with health information, resources, traditional teachings, growth charts and, checklists. It is also used for writing down goals, thoughts, ideas, and dreams for your baby.



[First Nations Health Authority](#)

Information on maternal, child and family health including safe sleep, childhood health & wellness resource booklets, early hearing screening and maternal/child infant health.