

# Prenatal Program Resources

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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, Chinese, Punjabi and Spanish 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.

[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.



[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.

[A Healthy Benefits guide to your pregnancy and infant care](#)



FNHA Health Benefits and FNHA Nursing have co-authored a guide entitled "First Nations Health Benefits Coverage: Pregnancy and Infant Care" which provides a comprehensive list of programs, services, and items— prenatal vitamins, folic acid, breast pumps, etc.— available to families. The guide divides coverage according to potential health concerns that may be encountered throughout the pregnancy, as well as after the baby is born. The guide also provides resources listed at the back which can offer health support and advice.



[FNHA Videos for New Moms](#)

The FNHA has created a video series that aims to support life-givers and their families before and after the sacred ceremony of birth. In the videos, Elders and Knowledge Keepers share traditional teachings along with messages and words of encouragement for expectant mothers.