



## 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/solid foods
- Tooth cleaning/teething
- Growth and development
- Sleeping
- Tummy time
- Communicating with my baby
- Eyes/vision
- Ears/hearing
- Baby's behaviour
- Being physically active
- 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 alcohol, tobacco, vapour products, cannabis or other substances
- Anything else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I have no questions**

### Telephone Support

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

### On-line Resources

#### Toddler's First Steps

<https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps>

#### Feelings First

[www.feelingsfirst.ca](http://www.feelingsfirst.ca)

#### HealthLink BC

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

#### Parachute Canada (Safety)

<https://www.parachute.ca/en/injury-topics/>

#### Interior Health

[www.interiorhealth.ca/YourHealth/Pages/default.aspx](http://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/>



## 6 Months: Tips for My Healthy Growth and Development

### Physical and Social / Emotional Development

- I can hold my head steady, roll in both directions and sit with my back straight when propped.
- I still need many chances to be on the floor.
- I need lots of room to crawl and explore.
- Help me practice sitting and standing while holding onto your hands.
- I'm not ready for screen time before I'm 2 years old.
- I love it when you call me by name, look into my eyes and cuddle me. This is building my bond with you.

### Safety

- It's time to baby proof our home. Look for hazards from my viewpoint by crawling around on the floor.
- I'm curious now and like to explore. Keep items like cleaning products and medicines locked up, out of my sight and reach.
- Sleeping in my crib is safest for me. As soon as I can sit up, move my crib mattress to its lowest position.
- Keep me 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.
- My growing body needs fresh air; keep me away from second-hand smoke and vapour from tobacco, cannabis and vapour products.

### Behaviours

- I need 12 to 16 hours of sleep each day, including naps. It is normal for me to wake up at night.
- Comfort me when I'm unhappy or fussy by rocking me or talking to me in a soft voice. Remember you can't spoil me. Never shake me.



### Vision, Hearing and Language

- I need to see an eye doctor if I have crossed eyes, a lazy eye or a family history of eye problems.
- If I don't react to your voice or sounds, my hearing should be tested at any age.
- Teach me to copy your actions such as peek-a-boo, pat-a-cake and waving bye-bye. These games show me the idea of taking turns during talking.
- When I point to something, say the name of the object or person, so I can hear the words that match what I'm thinking about.
- Sing songs and nursery rhymes to me. Show and talk with me about colourful pictures in my books.
- Let me explore books by holding them, turning them and chewing on them!

### Feeding and Nutrition

- Continue to breastfeed me. It's recommended for up to 2 years or longer.
- Follow my cues for when and how long to feed me.
- Offer me iron-rich food 2 or more times a day such as meat, poultry, fish, iron-fortified cereal, eggs, beans or nut and seed butters (prepared safely). You can offer me these along with other foods such as vegetables and fruit.
- Offer me a variety of safe textures: smooth, mashed, minced, and soft finger foods. Let me practice feeding myself with my hands.
- Let me decide how much to eat. Please don't coax or pressure me to eat.
- I love being included in family meal times. I learn to eat by being with you at the table.



### Healthy Smiles

- When my first tooth arrives, brush it with fluoride toothpaste (the size of a grain of rice) because cavities can start as soon as teeth appear.
- Don't worry if I don't have teeth yet. Everyone has their own schedule for teething.
- If I go to sleep with a bottle give me a bottle with plain water only.
- Please begin to teach me how to use an open cup now. I can drink small amounts of water.