

# Postnatal Resources

COMMUNITY SUPPORT | NUTRITION | MENTAL HEALTH



## **COMMUNITY SUPPORTS**

#### **Finances**

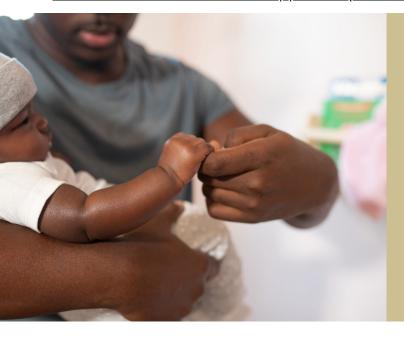
- Postnatal Benefit Program
- Dial\_211 to be directed to the appropriate service

### **Quit Smoking**

- Ottawa Smoking Cessation Service 1-888-645-5405
- NB Anti-tobacco Coalition Support to guit smoking

### **Parenting Programs/Support**

- Fredericton Family Resource Center
- Military Family Resource Center
- Care n Share Family Resource Center
- Valley Family Resource Center
- Talk with me



#### **Nutrition**

Feeding your baby is a special time. It's a time to cuddle, enjoy

- Feeding your baby 0-6 months Feeding your baby 6-12 months
- Breastfeeding your baby
- First Droplets
- Formula Feeding your baby
- Safely Preparing Infant Formula Video

#### **Mental Health**

A mother's mental health is critical to the physical, mental and emotional wellbeing of herself and her children.

(Mothers Mental Health Toolkit, 2012)

- Mental Health/ Addiction Services
- Mobile Crisis Unit
- <u>211</u>
- Post Partum Mental Health
- Canadian Mental Health Association NB

## General Health/Immunizations

Immunizations are an important part of keeping your baby healthy along with regular check ups with a health care provider.

- Caring for your child before and after immunizations
- <u>811</u>

## Attachment and Development

Every baby grows and develops at their own pace. Your baby needs your help to grow and develop into a healthy, happy person.

- Attachment Relationships
- Ages and Stages
- Skin to Skin

## Safety

Your baby is learning and growing fast! You need to keep one step ahead of your baby's developing skills to ensure their health and safety.

(Loving Care 6-12 Months)

- Car Seats
- Safe Sleep

#### COVID-19

- Covid-19 Advice for Mother's
- Covid-19 General Information

### **Sleep and Crying**

• Caring for Kids-Colic and Crying

## Cannabis use and Baby

- <u>Pregnancy/Breastfeeding and Cannabis</u>
- Risks of Cannabis in Pregnancy/Breastfeeding/Parenting

#### **Loving Care Booklets**

- Loving Care Birth to 6 months
- Loving Care 6-12 months
- Loving Care 1 to 3 years
- Loving Care Parents and Families

HEALTHY FAMILIES INTAKE LINE (506) 444-4866 (Fredericton) (506)325-4697 (Upper River Valley)