

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 quit 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 and connect with your baby.

(Loving Care 0-6 Months)

- [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](#)
- [211](#)
- [Post Partum Mental Health](#)
- [Canadian Mental Health Association - NB](#)

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.

(Loving Care 0-6 Months)

- [Attachment Relationships](#)
- [Ages and Stages](#)
- [Skin to Skin](#)

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](#)
- [811](#)

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](#)

Cannabis use and Baby

- [Pregnancy/Breastfeeding and Cannabis](#)
- [Risks of Cannabis in Pregnancy/Breastfeeding/Parenting](#)

Sleep and Crying

- [Caring for Kids-Colic and Crying](#)

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)