Baby

Please call your doctor if your baby has any of the following symptoms:

- Less than 5-6 wet diapers in 24 hours or dark, strong-smelling urine
- Scanty or no bowel movements
- Noisy breathing
- Yellow skin color (jaundice)
- Fever (temperature above 37.5)

Doctor_____

Number_____

Public Health Breastfeeding Support Line
Halifax (7 days/wk, 8:30-4:00)…**481-5852**

Electric Breast Pump Rentals

Electric breast pumps and breastfeeding supplies are available at a number of local pharmacies, including the Pharmasave, Halifax Infirmary Site, 1801 Robie Street, which carries a full line of breastfeeding supplies:……**473-7096**

Poison Control……**1-800-565-8161**

HRM……..470-8161

IWK Emergency Dept. ……**470-8050**
(South Street Entrance)

La Leche League www.lllc.ca

La Leche League provides mother-to-mother help for breastfeeding women. Leaders help by phone, at monthly meetings, and by loaning books.

For information: ……..**470-7029**

To find a family physician accepting new patients:……**902-424-3047**
http://www.gov.ns.ca/health/physicians/physicians.asp

Mother

Please call your doctor if you have any of the following symptoms:

- Increased bleeding (bright red blood, soaking one pad every hour or more)
- Nausea with vomiting of all food for 12 hours or more
- Pain or burning when passing urine
- Pain or redness in legs
- Severe headaches or trouble seeing
- Fever (temperature above 38°C)
- Sore, red area on breast
- Continued "blue" feeling

Doctor_____

Number_____

Woman Abuse

Are you living in an abusive relationship? Abuse can be hitting, threats, forced sex, name calling, put-downs, and financial. If you would like information and support, please call:

In Halifax Regional Municipality, contact Bryony House: ……..**422-7650**

For other transition house numbers, call the NS Advisory Council on the Status of Women:……..**1-800-565-8662**

Postpartum Depression/Adjustment

Reproductive Mental Health Service is a team of clinicians providing assessment, initial treatment and management suggestions for women with mood problems or psychiatric illness during pregnancy and the first year after birth.
For information on services and referral
……**470-8098**

Public Health Services – Family Health

Provides a range of health promotion services. This includes prenatal education, breastfeeding support, and adjustment to parenting, for women and families with children from 0-5 yrs of age. In Capital Health, a Public Health nurse will contact you within 24 to 72 hours of leaving the hospital.
Public Health offers home visits, breastfeeding and parenting support in the home and in group settings. To find the groups closest to you, check out our web site at:

www.cdha.nshealth.ca/communityhealth/index.html

Click on "Programs & Services"

To reach your local Public Health office:

Capital
Halifax, Dartmouth, Bedford, Sackville……..**481-5800**
Head of Jeddore……**889-2143**
Middle Musquodoboit……**384-2370**
Sheet Harbour……**885-2470**
Windsor……..**798-2264**

Eastern
Sydney……..**563-2400**
Antigonish……**863-2743**

Western
Lunenburg & Queens Counties...**543-0850**
Wolfville……**542-6310**
Yarmouth……**742-7141**

Northern
Truro (Colchester East Hants)….**893-5820**
Pictou County……**752-5151**
Elmsdale (East Hants)……**883-3500**
Cumberland County……..**1-800-767-3319**

Parenting Websites:

www.investinkids.ca
A dedicated team of experts in child development and parenting.
www.momsanddads.ca
A place where parents can find helpful information and practical ideas.
www.cdha.nshealth.ca/communityhealth/halifaxpen/index.html

Parents of Multiple Births Association (POMBA)

POMBA supports families with multiples. They offer a buddy system of parent-to-parent support including weekly playgroups, breastfeeding support through loan of books and rental of nursing cushions. …….. **435-3403**

Single Parent Centre

3 Sylvia Avenue, Spryfield

Breast feeding Support Group/Clinic

A drop-in support group for women who are, or are considering Breastfeeding

Tuesday's 10-11:30 am……**479-0508**

Individual Support for Families with New Babies

In-home visits to offer support through the early weeks/months of parenting ……..**479-0508**

Infant Massage

Learn ways to calm and relax your baby

Thursday's 1:15-2:15 pm……**479-0508**

Extra Support for Parents (ESP)

ESP is an in-home IWK program for parents of infants in the Halifax/Bedford/ Sackville/Dartmouth area. Parents needing extra support, parenting information or a helping hand are matched with a trained volunteer who visits weekly for up to 6 months……**470-7111**

Child Safety Link

Child Safety Link is a Maritime-wide program at the IWK. They work to prevent children's unintentional injuries by providing resources to parents, professionals and the general community. Their main focuses are car seats, home safety, helmets, poisoning prevention and playground safety. For more information about Child Safety Link, visit:

www.childsafetylink.ca

phone ……**470-6496**

Toll free……..**1-866-288-1388**

Other Community Resources

Single Parent Centre (Spryfield)....**479-3031**

Parent Resource Centre (Northend Halifax)……**492-0133**

Parent 'n' Tot Meeting Place (Fairview)……**443-9569**

Mi'kmaq Child and F.R.C……**422-7850**

Military F.R.C. Windsor Park.....**427-7788**

Shearwater……**720-1885**

Bayers Westwood F.R.C. (Westend Halifax)……....**454-9444**

Memory Lane Family Place…….**864-6363** (Lower Sackville)

Dartmouth Family Centre (Albro Lake Road)……..**464-8234**

Parents and Children Together (PACT) (Cole Harbour Road)……...**434-8952**

East Preston F.R.C……..**462-7266**

Eastern Shore F.R.C…… **827-1461**

Musquodoboit Valley F.R.C…… **384-2794**

Women's Wellness Community Clinic – IWK…….. **470-6755**

Veith House In-Home Parenting Program…… **453-4320**

Metropolitan Immigrant Settlement Association (MISA)……**423-3607**

Metro Food Bank (Feed Nova Scotia)...**457-1900**

Income Assistance (NS Dept. Comm. Ser)
Halifax **424-4150** Dartmouth **424-3298**
Sackville **869-3600** Cole Hbr. **435-7472**

Birth Reg/Certificate help……**424-4381**

Halifax Helpline: A 24-hour hotline for people needing immediate support or referrals to other groups……**421-1188**

*F.R.C. – Family Resource Centre

IWK Health Centre

Community Resource Information for New Families

PL#0035

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