

Guide to the Early Days

Newborns: Birth–2 Months



Scan the QR codes using your smart phone, or search the topics listed below at HealthyParentsHealthyChildren.ca. You can also look up the page numbers in the *Healthy Parents, Healthy Children: Pregnancy and Birth* or *The Early Years* books.



Caring for Yourself (Pregnancy & Birth Book)

Caring for yourself after birth: bathing, breast & nipple care, vaginal discharge & perineal care (pg. 226–237)



Postpartum mental health (pg. 244–250)



Birth control & postpartum sexuality (pg. 256–272)



Self-care (pg. 244–246)



Postpartum mental health information sheet (pg. 246–250)

Family support plan



Newborn Feeding & Nutrition (The Early Years Book)

Feeding your newborn (pg. 213–215)



Breastmilk supply (pg. 154–155)



Breastfeeding Challenges:

If you have breastfeeding challenges, you're not alone.

Challenges are common in the first few weeks.

Learn about what to do (pg. 176–189)



Expressing breast milk by hand (pg. 166–168)



Equipment for feeding: cleaning & preparing (pg. 191–200)



Breastfeeding support:

When your baby latches on correctly, you'll feel a pulling sensation, not pain. If you have pain in your breasts or nipples, bruising, blisters or cracks, get help as soon as possible. For breastfeeding support, call the New Parent & Newborn Line at **1-833-805-BABY (2229)** or talk with your health care provider.

Taking Care of your Newborn (The Early Years Book)

Jaundice
(pg. 253–254)



Developmental milestones:
birth–2 months
(pg. 207)



Baby's temperature
(pg. 255–256)



Attachment:
skin-to-skin cuddling
(pg. 209–210)



**Taking
your child's
temperature:**
under their arm



Developing brains:
serve-and-return interactions
(pg. 240–241)



Keeping your Newborn Safe (The Early Years Book)

Safe infant sleep
(pg. 218–224)



Interactive tool
Safe infant sleep



Car seat safety
(pg. 125–126)



Coping with crying:

Your baby's crying may increase at about 2 weeks and peak when they're about 2 months of age. Using a Crying Plan can help you during this time.
(pg. 229–233).



Notes:

Your baby's first well child clinic appointment is at two months:

Call to book: _____

Date: _____ Time: _____ Location: _____

New Parent & Newborn Line

Postpartum support from a registered nurse
for parents of newborns (birth–2 months).

1-833-805-BABY (2229)
Available 24/7

Health Link

Health advice from a registered nurse.

811
Available 24/7

Mental Health Helpline

1-877-303-2642

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