
Parent Resource Centre

Ever feel completely overwhelmed by the amount of information and opinions out there about how to care for your baby?

We hear you!

Consider this your one stop (evidence-based) shop for all the most common baby-related questions.



Thames Valley
Family Health Team

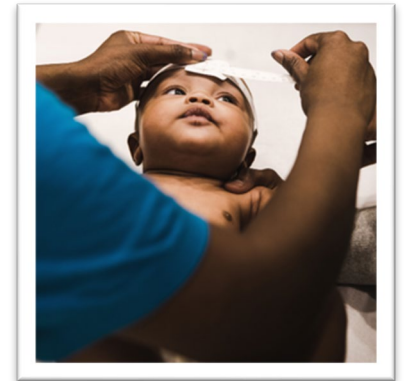
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Medical Care for Baby

Routine Appointments

- Nurse Practitioners conduct routine well-child visits at regular intervals to help support the health of you and your baby.
- You should plan to schedule an appointment in the clinic within the first week after your baby is born.
- Thereafter, appointments will be recommended at 1, 2, 4, 6, 9, 12, 15, and 18 months, and 2, 3, 4, and 5 years old.
- After 5 years old, it is recommended that your child see the nurse practitioner every 1-2 years until they are 18 years old.



What to Expect at your Appointment

When you take your child to a well-child visit with one of our Nurse Practitioners, the appointment will last 20-30 minutes. The nurse practitioner will review and complete the following:

- Ask questions about your child's eating habits and sleep habits,
- Ask about developmental milestones, language milestones, and social and emotional health,
- Complete a physical examination,
- Check your child's weight, height and head circumference,
- Give any necessary vaccines.

Your Nurse Practitioner will also answer any questions you may have and provide more information and resources about common baby related questions.

The Newborn Days

We know the newborn days can be overwhelming – this is all new to you and your baby!

Below are some key resources to help you out in these first few weeks.



Maternal & Newborn Learning Hub - SickKids

- An in-depth resource - consider reviewing these learning modules before your baby arrives – In-depth and a helpful preparation resource.
<https://www.aboutkidshealth.ca/yournewborn>

Rourke Baby Record – 1-2 weeks old

- A quick reference guide to caring for a newborn in the first few weeks of life.
<https://www.rourkebabyrecord.ca/pdf/Brochure%202020%201-2%20wks%2020200527%20final.pdf>

Fed Is Best!



Questions about feeding your baby? You are DEFINITELY not alone!

This is one of the most frequently asked about topics by new parents during a visit with the Nurse Practitioner.

We know there is SO much information out there, so we have tried to simplify it for you here to save you the time and stress of googling.

And remember, when it comes to babies, fed is best.

Infant feeding

The consensus on feeding in the 1st year – a quick read about the basics of infant feeding

- https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/feeding_your_baby_in_the_first_year

Breastfeeding

- **Breastfeeding Learning Hub – SickKids**
An in-depth module on breastfeeding, pumping, and troubleshooting the most common breastfeeding challenges
<https://www.aboutkidshealth.ca/breastfeeding>
- **Breastfeeding videos – Dr. Jack Newman**
A compilation of videos for the visual learner: Good latching, good drinking, troubleshooting and more.
[International BreastFeeding Centre | Breastfeeding videos \(ibconline.ca\)](https://www.internationalbreastfeedingcentre.ca/breastfeeding-videos)
- **Breastfeeding FAQs**
<https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/breastfeeding>

Formula Feeding

- **Formula Feeding - Sick Kids**
Two reviews of formula feeding how-to's including types of formula, preparing, storing, and scheduling
 - <https://www.aboutkidshealth.ca/Article?contentid=444&language=English>
 - <https://www.aboutkidshealth.ca/Article?contentid=719&language=English>
- **Infant Formula: What You Need To Know**
An in-depth resource from Perinatal Services British Columbia regarding formula feeding
<https://www.perinataleservicesbc.ca/Documents/Resources/Breastfeeding/Infant-formula-booklet-BC.pdf>

Starting Solids

- **Feeding Your Baby – A Guide to Help You Introduce Solid Foods**
https://nutritionconnections.ca/wp-content/uploads/2021/02/Feeding-your-baby-Booklet-2021_FINAL.pdf
- **Introducing Solids – Key Points**
<https://www.aboutkidshealth.ca/Article?contentid=497&language=English>
- **Nutrition As Your Baby Gets Older**
<https://www.aboutkidshealth.ca/Article?contentid=498&language=English>

- **Solid Starts - Introducing Babies to Solid Food**

A website and app developed by a team of pediatric specialists/feeding specialist/dietitians - evidence based resource for early feeding

<https://solidstarts.com/starting-solids/>

Sleep

Ahhh sleep.... remember what that was like? Babies and young children need adequate, good quality sleep to grow and to thrive.

You are probably not surprised to hear that this is another one of the MOST COMMON topics discussed at visits with the Nurse Practitioner.

Below you will find some key resources we use to help guide you in providing the best sleep experience for your baby/child.



The Fundamentals of Sleep for Babies and Kids

- Use this learning module to answer many of the most common sleep related questions, including how much sleep babies need, and how to form good sleep habits.
<https://www.aboutkidshealth.ca/SLEEP>
- Healthy sleep habits for babies through to childhood
https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/healthy_sleep_for_your_baby_and_child

Safe Sleep

- Canadian Pediatric Society recommendations for safe sleep for babies
https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/safe_sleep_for_babies
- Canadian Public Health Guidelines on all topics related to safe sleep for babies
<https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/sleep-time.html>
- Crib and Bed Safety – Parachute Canada
<https://www.parachutecanada.org/en/injury-topic/home-safety/bed-time/>

Safety



Babies and children are naturally curious, and therefore need extra protection and care to keep them safe in their environments.

Below are links to important safety measures you can review to ensure you are providing your baby with the safety and protection they need.

- **Car Seat Safety – Parachute Canada**
Includes information on how to pick a car seat, and other child car safety tips.
<https://www.parachutecanada.org/en/injury-topic/car-seats/>
- **Car Seat Safety – Canadian Pediatric Society**
Includes information about choosing and installing car seats appropriately.
https://www.caringforkids.cps.ca/handouts/safety-and-injury-prevention/car_seat_safety
- **Home Safety for Babies and Children – Parachute Canada**
Tips on preventing injuries in the home.
<https://www.parachutecanada.org/en/injury-topic/home-safety/>
- **Preventing and Treating Burns – Sick Kids**
<https://www.aboutkidshealth.ca/burns>
- **How to Prevent Injuries Before They Happen by Parachute Canada**
A comprehensive summary of all safety topics covered by Parachute Canada.
<https://www.parachutecanada.org/en/injury-topics/>

Development

Watching your baby grow and develop is one of the most fascinating and rewarding experiences as a parent.

There are a lot of ways that you can help your baby get the best start.

Below are some links to resources around both growth and development that you can use for reference.



Growth

The charts below are used by your Nurse Practitioner to track your baby's growth – the “percentile” for which your baby measures is much less important than the fact that they are following the same curve over time. Remember that people come in all shapes and sizes!

- **Growth chart for boys 0-2**
https://www.dietitians.ca/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Set-2-LFA-WFA_Birth-24_BOYS_SET-2_EN.pdf
- **Growth chart for girls 0-2**
https://www.dietitians.ca/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Set-2-LFA-WFA_Birth-24_GIRLS_SET-2_EN.pdf
- **Growth chart for boys – 2-19 years old**
https://www.dietitians.ca/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Set-2-HFA-WFA_2-19_BOYS_SET-2_EN.pdf
- **Growth chart for girls – 2-19 years old**
https://www.dietitians.ca/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Set-2-HFA-WFA_2-19_GIRLS_SET-2_EN.pdf

Your Baby's Development

At each visit with your nurse practitioner, they will review your baby's development with you. They will routinely ask about specific milestones to ensure your baby's mental, physical, emotional, and social development are on track.

It is important to understand that babies develop at different rates and comparing your baby to someone else's does little good and can lead to unnecessary worry.

If you have questions or concerns about your baby's development, it is always best to ask questions and discuss it with your nurse practitioner first.

See the resources below for evidence-based information about childhood development.

General

- **Learning and Growing in the first year**
Tips for playing with your baby in the first year to foster learning and development.
https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/playtime_with_your_baby

- **A general guide to development from birth to 4 years old.**
https://www.caringforkids.cps.ca/handouts/behavior-and-development/your_childs_development

Speech/Literacy

- **Early speech and language development for babies and toddlers.**
<https://www.aboutkidshealth.ca/Article?contentid=3896&language=English>
- **Babbling with your child** – The first steps in fostering communication.
<https://www.aboutkidshealth.ca/Article?contentid=3895&language=English>
- **Literacy – Promoting literacy from birth.**
https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/read_speak_sing_to_your_baby

Self-Esteem and Mental Wellness Development

- **Baby Brain development** – helping your baby’s brain develop in healthy ways.
https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/your_babys_brain
- **Early attachment** – the deep emotional bond between babies and caregivers, and why it is so important.
<https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/attachment>
- **How to foster self-esteem from birth to childhood.**
https://www.caringforkids.cps.ca/handouts/behavior-and-development/foster_self_esteem

Behavior Management

- **Discipline** – using positive discipline techniques to strengthen connection with your child. <https://www.caringforkids.cps.ca/handouts/behavior-and-development/positive-discipline-for-young-children>
- **Tips for positive parenting and managing behavior in children up to age 5**
<https://www.aboutkidshealth.ca/article?contentid=3879&language=english>

Other Common Development Discussion Topics

- **Tummy time**
<https://www.aboutkidshealth.ca/Article?contentid=296&language=English>
- **Pacifiers**
<https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/pacifiers>

- **Screen time guidelines**
<https://www.caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>
- **Dental development**
 - http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/development.asp
 - <https://www.aboutkidshealth.ca/article?contentid=304&language=English>
- **Toilet learning**
 - <https://www.aboutkidshealth.ca/article?contentid=636&language=English>
 - http://www.caringforkids.cps.ca/handouts/toilet_learning

Developmental concerns - Autism

- **Looking out for Autism** – early signs for parents.
<https://www.caringforkids.cps.ca/handouts/behavior-and-development/autism-spectrum-disorder-what-you-need-to-know>

Vaccination

Every parent wants to make the best choices when it comes to their baby's health and well-being. This has become more challenging than ever now with the amount of information at our fingertips.

History and science have consistently proven that the decision to immunize your baby is the best way to protect them from disease.

Below is a compilation of some key resources for parents surrounding routine immunizations for babies.



- **Read, Learn, Immunize: A Parent's Decision to Immunize**
Common questions and evidence-based answers to aid in decision making about immunization.
[https://www.immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20\(PDFs\)/Products%20and%20Resources/Children/A%20Parent's%20Decision%20to%20Immunize/parents_decision_to_immunize_web_e.pdf](https://www.immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Children/A%20Parent's%20Decision%20to%20Immunize/parents_decision_to_immunize_web_e.pdf)
- **Public Health Agency of Canada - Vaccine Guide for Parents**
<https://healthycanadians.gc.ca/publications/healthy-living-vie-saine/parent-guide-vaccination/alt/pgi-gpv-eng.pdf>

- **Ontario’s Routine Immunization Schedule**
https://www.health.gov.on.ca/en/public/programs/immunization/static/immunization_tool.html
- **“Catching up”**
Is your child behind on their regular recommended vaccines? Review the link below -
<https://www.aboutkidshealth.ca/article?contentid=1985&language=English>
- **Vaccines for New Immigrants**
Bringing newcomer children up to date
<https://www.kidsnewtocanada.ca/screening/immunizations>
- **Pain Management for Vaccination**
 - Reducing pain in infants 0-18 months -
<https://www.aboutkidshealth.ca/Article?contentid=989&language=English>
 - Reducing pain in children 18 months + -
<https://www.aboutkidshealth.ca/Article?contentid=990&language=English>
 - Reduce the pain of Vaccination in children under 3 years old
https://www.caringforkids.cps.ca/uploads/handout_images/painreduction_under3_e.pdf

Toddler Nutrition



Feeding toddlers can be a roller coaster, which is why we often get questions from parents about how to navigate feeding challenges in the toddler years.

Below are some resources to peruse that includes balancing your toddler's meals, sample meal plans, and responding to appetite slumps.

- **Feeding Your Toddler/Preschooler**
<https://www.aboutkidshealth.ca/Article?contentid=1460&language=English>
- **Drinks for Your Toddler/Preschooler**
<https://www.aboutkidshealth.ca/Article?contentid=1461&language=English>

- **My Toddler’s Appetite Has Decreased – What Should I Do**
<https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Picky-Eating/My-Toddler’s-Appetite-Has-Decreased-What-Should-I.aspx>
- **Food Likes and Dislikes** – learn how to respond to your toddler’ appetite slumps
<https://www.aboutkidshealth.ca/Article?contentid=1462&language=English&hub=nutrition>
- **Say Goodbye to Picky Eating**
<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx>
- **Help! My Kids Won’t Eat Enough Vegetables and Fruits**
<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Help!-My-kids-won-t-eat-enough-vegetables-and-fruits.aspx>
- **Preventing Choking**
<https://www.aboutkidshealth.ca/Article?contentid=1463&language=English&hub=nutrition>
- **General resource page for help with feeding children** – wonderful, comprehensive resources of the Dietitians of Canada website
<https://www.unlockfood.ca/en/Children.aspx>