

Baby and You Community Resources

Best Start



www.healthbeforepregnancy.ca

Ontario's maternal, newborn and early child development resource center supporting service providers to implement effective health promotion programs for parents, newborns and young children.

Breastfeeding- National Health Service



www.breastfeeding.nhs.uk

Provides information and resources that will help inform women about the benefits of breastfeeding and support them as they breastfeed. Benefits of Breastfeeding - Off to the Best Start (free download)

Breastfeeding in Peel



www.breastfeedinginpeel.ca

Peel Public Health's goal is to promote a Baby-Friendly™ environment.

Canadian Pediatric Society – Caring for Kids



www.caringforkids.cps.ca

The Canadian Paediatric Society is the national association of paediatricians, committed to working together and with others to advance the health of children and youth by promoting excellence in health care, advocacy, education, research and support of its membership.

CPR and First Aid for Infants and Children

- Canadian Red Cross



www.redcross.ca



1-888-307-7997

- Link to Life Seminars Inc



www.linktolifeseminars.com



416 398-5033

- St. John Ambulance - Mississauga Branch



www.sja_mississauga.ca



905 568-1905

Doulas



www.dona.org

Doulas promote the importance of emotional support for mothers and their partners during birth and the postpartum period.

Government of Canada: A Healthy Pregnancy



www.healthycanadians.ca/pregnancy

Guide to Healthy Pregnancy



http://www.healthycanadians.gc.ca/hp-gs/guide_e.html

Captures key information about certain lifestyle choices you can make to help ensure a healthy pregnancy.

Invest in Kids



www.investinkids.ca

Information, activities, ideas and recommendations to help you with your child's critical first 5 years.

LaLeche League



www.lalecheleaguecanada.ca

La Leche League International helps mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education.

Lamaze International



www.lamaze.org

Promotes, supports, and protects normal birth through education and advocacy.

Motherisk



416 813-6780



www.motherisk.org

Provides evidence-based information and guidance about the safety or risk to the developing fetus or infant, of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents.

Nutrition - Prenatal



www.hc-sc.gc.ca/fn-an/nutrition/prenatal

Health Canada Guidelines on Prenatal Nutrition and Healthy Eating.

Ontario Early Years Centres



www.ontarioearlyyears.ca

Offers a range of programs and activities for young children and their families.

Peel Public Health



www.peelregion.ca

Offers a wide range of public health services to ensure residents and workers can obtain credible information on preventing illness and improving the health of our community.

Peel Postpartum Mood Disorder Program



www.pmdinpeel.ca

The Peel Postpartum Mood Disorder Program aims to build the community's capacity to respond to families experiencing postpartum mood disorder (PMD).

Pregnancy and Breastfeeding - Your Rights



www.ohrc.on.ca/en/issues/pregnancy

Information on women's rights from the Ontario Human Rights Commission.

Safe Kids Canada



www.safekidscanada.org

Safe Kids Canada promotes effective strategies to prevent unintentional injuries.

Sexual Health



www.sexualityandu.ca

Information and education on sexual health and birth control options.

Sudden Infant Death Syndrome (SIDS)



www.phac-aspc.gc.ca/dca-dea/prenatal/sids-eng.php

Telehealth



1-800-797-0000

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.

Transport Canada



www.tc.gc.ca/roadsafety/safedrivers/childsafety/index.htm

Provides detailed information on child safety restraints, safety in the car and school bus safety.