



HASTINGS PRINCE EDWARD
Public Health



Your Growing Baby

You are your baby's most important connection to the world and you play an important role in your baby's brain development. How you care for, talk to, and play with your baby will help your baby learn and grow. Give your baby the confidence to explore the world by making your baby feel safe and loved. Respond to your baby's needs, cuddle your baby, and hold your baby. This will let your baby know that you will be there to help when she needs it.

For tips to promote your baby's healthy brain development and build a strong attachment

Your New Baby

between you and your baby, visit the [Healthy Baby Healthy Brain](#) website and Best Start's [My Child and I - Attachment for Life](#) booklet.

Calming a Fussy Baby

Healthy babies cry as a way to express their needs and communicate. When you respond sensitively and consistently to your baby's needs, a healthy emotional bond and attachment will develop between you. Babies need to know they can rely on you to respond to their needs. Over time, you will begin to know your baby's cries, and you will learn the best way to soothe your baby.

Never shake or hit your baby. If you feel unable to cope or are afraid that you may hurt your baby, place your baby in a safe spot then call someone for help. Shaking your baby can cause serious injury to your baby's neck and can cause brain damage, seizures, and even death.

There are many ways to calm and settle your baby. For tips to calm a fussy baby, visit page 26 of [Breastfeeding Matters](#).

Safety and Baby Equipment

Each year, thousands of children are injured in the home. Create a safe place for your baby to play, learn, and grow. Be aware of the safety concerns in your home and be sure that products you use are safe for children as they grow.

Visit the Parachute: Preventing Injuries, Saving Lives [Home Safety](#) and [Product Safety](#) webpages for information on protecting your baby from injury.

For information on car seat safety visit the Government of Canada's [Child Car Seat Safety](#) webpage.



Safe Sleep for Your Baby

Sleep is important for your child's health and well-being. During the first two months, an infant typically needs 16 to 18 hours of sleep in a 24-hour period. It is important for you to create a safe sleep environment for your baby to help him sleep safely and reduce the risk of Sudden Infant Death Syndrome (SIDS).

For the steps to take to create a safe sleep environment for your baby watch the [Safe Sleep for Your Baby](#) video from the Public Health Agency of Canada, and visit the [Sleep Well, Sleep Safe](#) booklet from Best Start.

For more information and resources on SIDS and Safe Sleep Practices visit the Government of Canada's [Safe Sleep](#) website.

Safe Environments

Your child needs clean air to breathe, safe water to drink, healthy food to eat and safe products to use. Some substances in the environment are more harmful to children than adults. This is because children enter the world and begin exploring it with their hands and mouths.

For tips to get a great start on "childproofing" your home, watch the video from the Canadian Partnership for Children's Health and Environment: ["5 tips for creating a healthy home environment for kids."](#)

Immunizations

Immunizing your child is one of the most important things you can do as a parent to protect your child from serious vaccine-preventable diseases. Many of these diseases are spread very easily from person to person. Immunizing your baby gives them the protection they need to stay healthy.

Parents can reduce their baby's pain by spending time skin-to-skin before an immunization. Watch the video [The Power of a Parent's Touch](#) for more information.

For more information on childhood immunizations visit the Government of Canada's [Vaccination for Children](#) webpage or contact Public Health's Vaccine Preventable Disease Program at 613-966-5500 or toll-free at 1-800-267-2803, extension 313.

To create an immunization schedule for your child, visit the [Immunization Schedule Tool](#) from the Government of Canada.

What About Formula?

To help you make the best decisions for you and your baby you need reliable information. If you are considering using a breastmilk substitute (formula), it is important to know that infants who are fed breastmilk substitute are more at risk for some health concerns. Visit pages 5-7 of [Breastfeeding Matters](#) to get more information on making an informed decision about feeding your baby.

To help you make an informed decision about how to feed your infant, call the Child Health CARELine at 613-966-5500 or toll-free at 1-800-267-2803, extension 223.

Resources for Parents

The early years of your child's life are an exciting and sometimes challenging time. You may have a number of questions about life with your baby, like how to parent, or how to help your baby grow and develop in a healthy way.

There are many resources that offer help and support in person, on the internet, or by phone for new parents with questions.

- [Hastings Prince Edward Public Health](#)

Child Health CARELine

613-966-5500 or toll-free at
1-800-267-2803, extension 223
TTY: Dial 711

Breastfeeding Consultations

Receive support with breastfeeding challenges such as latching, positioning, and maintaining a good milk supply through one-to-one consultation at the Public Health office.

Appointments can be made by calling the Child Health CARELine.

Baby Feeding Drop-Ins

Brief one-to-one support and information for parents who have any baby feeding questions. No appointment necessary.

Public Health - Main Office
179 North Park Street, Belleville
Mondays 1:30 pm to 3:30 pm

North Hastings Early Years
Child and Family Centre
20 Hastings Heritage Way, Bancroft
2nd and 4th Tuesday of the month 12:30 pm to 2 pm.

Public Health - Quinte West Branch Office
499 Dundas Street West, Trenton
Thursdays 1:30 pm to 3:30 pm

- Ministry of Children and Youth Services
 - [Early Childhood](#) webpage
 - [Enhanced 18-Month Well-Baby Visit](#) webpage
- Ministry of Health and Long-Term Care
 - [Immunization](#) webpage
 - [Telehealth Ontario](#): 1-866-797-0000
- Ministry of Education
 - [Child Care](#) webpage
 - [Child and Family Programs](#) webpage
- [Canadian Paediatric Society](#) website
- [EatRight Ontario](#): 1-877-510-510-2
- [Nipissing District Developmental Screen](#) website
- [211 Ontario](#)