



# My Baby and Me

A Passport Program to  
Track Your Prenatal  
Information



If Found Please Contact:

Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

# Phone a Friend

Important Contacts

**Health Care Provider:** \_\_\_\_\_

**Nurse:** \_\_\_\_\_

**Support Worker:** \_\_\_\_\_

**Maternity Centre of Hamilton:** 905-528-5553

**Health Connections:** 905-546-3550

**Telehealth (24-hr):** 1-866-797-0000

**Other:** \_\_\_\_\_

**Other:** \_\_\_\_\_

## What's The Deal?

What this passport is all about

- Filled with important information you need for a healthy pregnancy
- Provides a place to record all of your prenatal information in one spot
- Provides local community resources for all prenatal and postpartum needs
- Provides you with weekly gifts for you and your baby when you attend prenatal appointments

**All you have to do is bring it with you to your prenatal appointments and groups**



## **How to Use This Passport**

Pregnancy at a young age can be overwhelming. This passport is designed to help you gain the knowledge you need to care for yourself and your baby.

This passport is broken down into sections to help you along through your pregnancy.

### **Planning and Preparing**

What you need to know for a healthy pregnancy

### **Tracking and Recording**

Monitoring the growth of your baby, and keeping track of your appointments

### **The New Baby**

Signs of labour and how to care for you and your baby

### **Local Friends Who Are Here to Help**

Community resources in Hamilton



# Section 1: Planning and Preparing

What you need to know

## Helpful Ideas for a Healthy Pregnancy

- Get supports in place before you have your baby (family, friends, support workers, a nurse)
- Go to your prenatal appointments. This shows that you are already taking care of your baby
- Keep in touch with your support worker and care providers, they are there to help you throughout your pregnancy
- Eat healthy and nutritious food you and the proper growth and development of your baby. Take your prenatal vitamins
- Write questions down that you want to ask at appointments. Even if it's not your first pregnancy, you might have lots of things to ask and resources or supports may have changed

# What Do You Have, What Do You Need?

Show this list to your Support Worker or Nurse for help

Healthy Food	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Prenatal Multivitamin	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Ontario Health Card	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Support Worker	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Place to live	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Dental care	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Plan for school or work	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Prenatal classes	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Labour support	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Hospital tour	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Supplies for baby	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Safety Issues (violence)	<input type="checkbox"/> Got a plan	<input type="checkbox"/> Need to talk
Taxes filed (eligible for subsidy)	<input type="checkbox"/> Got a plan	<input type="checkbox"/> Need to talk
Birth certificate	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it
Social Insurance Number (SIN)	<input type="checkbox"/> Got it	<input type="checkbox"/> Need it





# What Needs To Be Done at Your Prenatal Appointments

What Needs to be done	What to expect	When
Make appointment with healthcare provider to confirm pregnancy	<ul style="list-style-type: none"><li>• Blood test and urine sample to confirm pregnancy</li><li>• Confirmation of expected due date</li></ul>	<ul style="list-style-type: none"><li>• As soon as you think you're pregnant</li></ul>
First Prenatal Visit	<ul style="list-style-type: none"><li>• Discussion of your medical history</li><li>• Urine sample</li><li>• Vaginal swab test for infection</li><li>• Ordering of blood test and ultrasound</li></ul>	<ul style="list-style-type: none"><li>• 12 weeks pregnant or sooner (3 months)</li></ul>
At your prenatal visits talk to your clinician for more information about these tests	<ul style="list-style-type: none"><li>• Blood pressure, urine sample, weight check, listen to baby's heart</li></ul>	<ul style="list-style-type: none"><li>• Visit every 4 weeks until 28 weeks pregnant</li><li>• Visit every 2 weeks until 36 weeks pregnant</li><li>• Visit once a week from 36 weeks pregnant</li></ul>

What Needs to be done	What to expect	When
Genetic screening part 1 (optional)	<ul style="list-style-type: none"> <li>• Blood test and Ultrasound</li> </ul>	<ul style="list-style-type: none"> <li>• 11-14 weeks pregnant</li> </ul>
Genetic screening part 2 (optional)	<ul style="list-style-type: none"> <li>• Blood test</li> </ul>	<ul style="list-style-type: none"> <li>• 16-19 weeks pregnant</li> </ul>
Ultrasound to look closely at the baby	<ul style="list-style-type: none"> <li>• Anatomy scan</li> <li>• Ask to learn baby's sex</li> </ul>	<ul style="list-style-type: none"> <li>• 18-20 weeks pregnant (5 months)</li> </ul>
Test for diabetes	<ul style="list-style-type: none"> <li>• Special drink and blood test</li> </ul>	<ul style="list-style-type: none"> <li>• 24-28 weeks pregnant (7 months)</li> </ul>
GBS swab for Strep bacteria (you need this for labour)	<ul style="list-style-type: none"> <li>• Swab test by clinician, or in some clinics you can do your own</li> </ul>	<ul style="list-style-type: none"> <li>• 35-37 weeks pregnant</li> </ul>













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# Places to Go and People to See Appointment Calendar

Date and Time	Location	Person to Visit	Reason for Visit

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Date and Time	Location	Person to Visit	Reason for Visit

ULTRASOUND AT

WEEKS!



**My Baby's Pictures** (You might need \$5 cash to pay for picture at hospital)

ULTRASOUND AT

WEEKS!



**My Baby's Pictures** (You might need \$5 cash to pay for picture at hospital)

# Prenatal Record

**Let your healthcare provider fill this section in. The information is important when you go into labour, or if you are seeing another healthcare professional.**

Date of last menstrual period (LMP): \_\_\_\_\_

Expected Due Date: \_\_\_\_\_

Pre-Pregnancy Weight: \_\_\_\_\_

How much weight should I gain during pregnancy? \_\_\_\_\_

Gravida (# of pregnancies):\_\_ \_\_ Parity:\_\_\_\_ Abortus:\_\_\_\_ Living:\_\_\_\_

Allergies:\_\_\_\_\_

\_\_\_\_\_

Genetic Screening: \_\_\_\_\_

### Blood Information

Blood Group: \_\_\_\_\_ Rh: \_\_\_\_\_

Rho-Immune Globulin: Yes  No  Date: \_\_\_\_\_

Initial CBC, Hemoglobin: \_\_\_\_\_

Glucose Challenge  Diabetes Clinic Referral

Rubella Varicella Immune  Non-immune

### Sexual Health Information

Pap: \_\_\_\_\_

Chlamydia: \_\_\_\_\_ Gonorrhea: \_\_\_\_\_

HIV Tested

VDRL (Syphilis): \_\_\_\_\_

Hep B (HbsAg) Pos  Neg  Group-B Strep (GBS) Pos  Neg



## How are you doing?

Your emotions and mood are important for you and your family's wellbeing. You may be surprised by how you feel adjusting to being a parent. Use this checklist now and in the future to check in with yourself. Share this with your care providers, partner, family, or friends.

Check the boxes if you have been experiencing any of these things in the past 2 weeks

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Sleep a lot more or a lot less than usual
- Eat more or less than usual
- Cry for no reason
- Feeling more anxious or irritable than usual
- Lack of energy nearly every day
- Feelings of worthlessness or guilt nearly every day
- Thoughts of harming yourself or baby (\*Seek help immediately\*)

Today's date: \_\_\_\_\_

What have you or others done to take care of yourself?

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What has made you feel down lately?

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# Planning for Labour

Prepare for labour and birth by answering these important questions

Who will you call when you are in labour?

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Is your hospital bag packed? **Y**  **N**

Where will you keep it so it's ready to go?

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How will you get to the hospital?

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Who will be there to support you during labour?

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# Planning for Labour

Questions to talk about with your care provider

What are the four stages of labour? What do you want to remember?

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Ask your care provider about “comfort measures” during labour. Which do you think will work for you?

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What are the pros and cons of an epidural? What are the other options?\_\_\_\_\_

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## What You Have Covered at Group...

### Prenatal Group Topics

To join a group, see list of Prenatal Supports in next section

<b>Date of Class:</b>	<b>Topic(s) Covered:</b>	<b>Facilitator Initials</b>



## Section 3: The New Baby

Signs of labour and how to care for you and your baby

### Signs Of Labour

- Nagging, low backache
- Several soft bowel movements
- Blood-tinged mucus plug comes out of vagina  
(labour may happen soon after mucus plug passes or a week or two later)
- Bag of waters break
- Contractions (may feel like strong period cramps)



\*\* You may not have all of these signs

If this is your first baby, go to the hospital when you are having regular contractions about five minutes apart OR if your bag of waters breaks.

If this is not your first baby your care provider will tell you when to come to hospital

## When to Call Healthcare Provider...

If you experience any of the symptoms below at any time during your pregnancy, call the clinic or go to the hospital if you are worried!

- Vaginal Bleeding
- Severe swelling in the face or fingers
- Severe abdominal pain
- Loss of fluid from the vagina, usually in a gush, but can also be a trickle.
- Change in your baby's activity level
- High fever or chills (fever over 102°F or 38.9°C)
- Severe vomiting
- Blurring of vision
- A headache that won't go away
- Painful urination (peeing)





# Your Baby Has Arrived!

## Birth Information

Date and Time of Birth: \_\_\_\_\_

Birth Weight: \_\_\_\_\_ g \_\_\_\_\_ pounds/oz.

Discharge Weight: \_\_\_\_\_ g \_\_\_\_\_ pounds/oz.

Length of Baby: \_\_\_\_\_ cm

Head Circumference: \_\_\_\_\_

Feeding at discharge: Breast \_\_\_ Bottle \_\_\_ Both \_\_\_



### Follow-up appointment for baby:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

With: \_\_\_\_\_ Phone: \_\_\_\_\_

### Follow-up appointment for mom:

Date: \_\_\_\_\_ Time \_\_\_\_\_

With: \_\_\_\_\_ Phone: \_\_\_\_\_

## Your Baby is Coming Home!

**Check off** what you already have and **circle** what you still need to get ready for baby's arrival

- Rear-facing car seat (be sure to check condition and expiry date)
- Digital thermometer
- Vitamin D drops for breastfed babies
- Clothing of various sizes (e.g. newborn, 3mo)
- Diapers and wipes
- Changing pad or change table
- Burp cloths and bibs
- Newborn toys (e.g. mobile, cloth books, music)
- Safety items: Baby monitor; plan to get safety gates and outlet covers for when baby starts to crawl
- Baby-friendly soap and wash items
- Baby nail clippers



Check out Essential Aid (289-799-9514) at 307A King Street East to get some of these items for free. If you have a car, be sure to call Health Connections (905-546-3550) to make sure your car seat is properly installed.

## Care for Baby: The Basics

**Pees:** the baby should have one wet diaper in the first 24 hours, 2 – 3 each day for the next few days and 6 – 8 by the end of the first week. Some of those diapers should be heavy. A tissue in the diaper will help you see if it is wet.

**Poos:** the baby will pass black bowel movements, called meconium, in the first few days. By day three to four, the poo will change to green and then will become yellow. The baby will have one in the first 24 hours and then 1 – 2 until feeding is established. Once feeding is established, the baby should have 3 – 4 poos per day. It is common, at first, for breastfed babies to have a poo at every feeding. If the poos are still black by day 5, call your healthcare provider.

**Temperature:** the baby's temperature should be between 36.5°C (97.7°F) and 37.5°C (99.5°F) when taken under the arm.

**Cord:** the umbilical cord will fall off, usually by two weeks. If the cord develops a bad smell or redness on the skin around the cord, call your healthcare provider. You may see a few drops of red blood or some old brown blood on the diaper. This is normal. If the bleeding is more than a few drops, call your baby's healthcare provider.

**Breathing:** the baby's breathing may be irregular, especially when just waking up. You should not hear continuous "grunting" with each breath. If so, call the baby's healthcare provider.

**Activity:** the baby should have times when they are alert and looking around. If the baby is not waking for feedings, call your healthcare provider.

**Feeding:** babies should feed at least 8 times in 24 hours, including the night. To know if the baby is getting enough, keep track of wet and dirty diapers. During the first month, your baby will feed often, however the amount will be small. Your baby will drink more as their stomach grows. Pay attention to your baby's feeding cues: mouth opening, yawning, lip smacking, bringing hand to their mouth, and sucking –crying is a late hunger cue.

### **Doctor Visits:**

- 48 hours after leaving the hospital
- 1 week after discharge
- 2 weeks after discharge
- 1 month of age
- 2 months of age – immunizations begin at 2 months
- Continue with regular check-ups to monitor baby's growth and development

## Feeding Your Baby

Breastmilk keeps your baby healthy by providing the best nutrition. Learn all you can about how and why to breastfeed. A Lactation Consultant, Doctor, or Nurse could help with feeding options. See the next section for helpful resources.

You can tell if the baby is getting enough by the number of wet and poopy diapers. Keep a “diaper list” where you can check off the time of each wet and poopy diaper and total them at the end of the day. See chart in “Breastfeeding Your Baby” booklet for an example. If you are bottle feeding, write down the amount given at each feeding.

You should see:

Day 1: Pees: at least 1 – 2

Poos: 1 black

Day 2: Pees: at least 2

Poos: 1 black

Day 3: Pees: at least 3

Poos: 1 green

Day 4: Pees: at least 4

Poos: at least 2, green to yellow

Day 5: Pees: at least 5


Poos: at least 2, yellow

The number of wet and poopy diapers should be the same whether breastfeeding or bottle feeding.

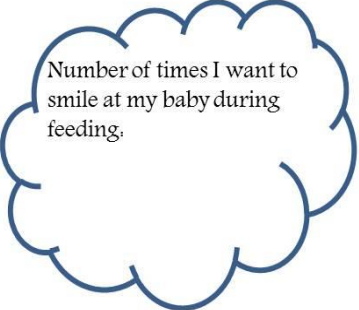
Breastfed babies need a daily vitamin D supplement of 400 IU (International Units). You can buy these at any drugstore.



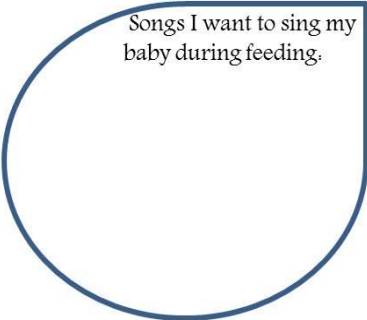
## Developing the parent-child relationship through feeding



Things I want to say to my baby during feeding:



Number of times I want to smile at my baby during feeding.



Songs I want to sing my baby during feeding.



How I want my baby to feel during feeding.

# **Baby's Hygiene: Here is how to properly clean the genital areas**

## **For both baby girls and boys**

- Change and clean your baby as soon as possible after a poo. The combination of poo and pee is likely to irritate your baby's skin.
- Gently wash genital area at diaper changes and during a bath. Use a mild soap, rinse well, and pat dry.

## **Baby Girls**

- Always wipe from front to back. This helps prevent bacteria transferring from your baby's bottom to her vagina or urethra.
- For very poopy diapers – separate vaginal lips and wipe front to back, down the middle. Then clean each side within her labia with a fresh cloth or wipe.
- It is normal to see some discharge or blood during first diaper changes. If it continues, contact your baby's doctor.

## **Baby Boys**

- A covering of skin called the foreskin protects the tip of the penis. It is normal to see a bit of white substance under the foreskin. Do not pull back the foreskin to clean as this may harm the penis. Cleanse around the tip, shaft, and scrotum area.
- If you are thinking about circumcision talk to your baby's doctor. This procedure is not done in the hospital during your stay and there is a fee as it is not covered by OHIP.



## Caring For Yourself after the Baby

Check up appointment with the doctor: You should see your doctor 6 weeks after delivery or sooner if you are experiencing any problems.

**Temperature:** if you feel chills you should check your temperature. If it is over 38°C (100.4°F) you should call your healthcare provider.

**Bleeding:** your bleeding will be like a heavy period for the first few days. The bleeding will change colour and slow down over time but could continue for a month. If you are soaking 1 pad per hour, you begin to pass clots, or the flow develops a bad smell, you should call your healthcare provider.

**Uterus:** your uterus (womb) feels like a small grapefruit below your belly button. It will become smaller day-by-day. Some cramping is normal, especially if this is not your first baby and if you breastfeed.

**Sex:** you can get pregnant again right after you deliver. Don't forget to talk to your healthcare provider (4 –6 weeks after delivery) about birth control options that work for you. In the meantime, use a condom every time you have sex.

**Peeing:** you will pee often during the first few days after you have your baby. This will help to get rid of the extra fluid you are carrying. If you have pain when you pee, or if it is difficult, call your healthcare provider.

**Mood:** Most women experience some form of postpartum “baby blues.” This is a normal part of adjusting to a big life change. Talk about your feelings with your Support Worker, Nurse, partner, or a friend –they are there to help.

If you start feeling sad, angry, guilty, anxious, worried, alone, inadequate, or if you are having trouble sleeping, crying for no reason, having trouble concentrating, or are having frightening thoughts or fantasies – call a healthcare provider that you trust, right away.

**Do you have any other concerns that you want some help with?** Write them here to share with your care provider at your next visit.

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## **Section 4: Local Friends Here to Help**

### Community Resources in Hamilton

#### **Prenatal and Postpartum Support**

##### **Hamilton Health Connections Line** 905-546-3550

Phone line staffed by Public Health Nurses. Monday through Friday, 8:30am to 4:00pm

- Preconception, pregnancy, breastfeeding, and parenting support
- Sign-up for prenatal classes
- Register for home visiting from a Public Health Nurse (see below)
- Referral to other community resources

##### **Home Visiting from a Public Health Nurse** Call 905-546-3550

Ongoing prenatal and postpartum visits with a Public Health Nurse through the Nurse Family Partnership (for moms under 21) or Healthy Babies Healthy Children (any age) programs. Learn about what to expect during pregnancy and as a new parent. Build plans and develop skills for pregnancy, birth, and parenting.

##### **Hamilton Regional Indian Centre** 905-548-9593

Offers a variety of community programs and supports, including: prenatal nutrition, pregnancy supports, and parenting programs. See website for more information [www.hric.ca](http://www.hric.ca) or drop-in at 34 Ottawa Street North.

## Hamilton Prenatal Nutrition Project 905-546-3550

Free weekly prenatal education and nutrition program provides the following:

- Group of parents to learn with and share experiences
- A tasty, healthy snack and \$10 grocery gift card each week
- Fun topics and activities led by Public Health Nurse and Dietitian
- **Join one group that works best for you**

Youth Welcome Baby

Tuesdays from 4-6 pm

Jeanne Scott Parent & Child Centre

1475 Barton St E. (5 blocks East of Centre Mall on Barton)

Healthy Moms, Healthy Babies

Tuesdays 10am-12pm **-Or-**

Thursdays 12:30-2:30 pm

North Hamilton Community Health Centre  
438 Hughson St N.

Church of Ascension

Thursdays 1-3pm

258 John St. S (at Charlton)

Church of Resurrection

Tuesdays 1-3pm

435 Mohawk Road West

OEYC – Sanford

Tuesdays 9:30-11:30am

735 King Street East, Floor 1A

OEYC - Main West

Wednesdays 1-3pm

1900 Main Street West

OEYC - Hamilton East

Thursdays 9:30-11:30am

45 Ellis Avenue

Dominic Agostino Riverdale Community

Centre – Wednesdays 1-3pm

150 Violet Drive

## **Places to Stay and Get Support**

**During Pregnancy**, Grace Haven and St. Martin's Manor are resource centres that provide residential and community programs for pregnant women under the age of 21 and supports for young parents (mothers and fathers). Services include: prenatal classes, an onsite high school program, child care, counselling, and life-skills coaching.

### **Grace Haven**

138 Herkimer St, Hamilton, ON  
24/7 Phone: 905-522-7336

### **St. Martin's Manor**

500 Mohawk Road West, Hamilton ON  
24/7 Phone: 905-575-7500

**After birth**, Angela's Place offers transitional apartment-style housing and support for young mothers up to age 21. Programs include: life skills, parenting support, and help with finding other community agencies and services.

### **Angela's Place**

320 Tragina Ave N, Hamilton, ON  
905-549-4276

**For more general support finding or keeping housing call  
Hamilton Housing Help Centre at 905-526-8100.**

# Emergency Shelters

## **Notre Dame House**

905-308-8090

14 Cannon Street West,  
Hamilton, ON L8R 3B3

Safe emergency housing for males and females 16- 21 (no children). Programs include meals, life skills, school, employment counselling, addictions counselling, public health nurse, mental health clinician.

## **Interval House**

Crisis Line: 905-387-8881

Business Line: 905-387-9959

Emergency shelter for abused and homeless women and their children.

## **Native Women's Centre**

905-522-1501

Provides safe emergency shelter for all women regardless of age, ancestry, culture, place of origin or sexual orientation, with or without children, who are experiencing a crisis in their lives due to family violence, homelessness, or conflict with the law.

## **Good Shepherd Family Centre**

905-528-9442

143 Wentworth Street South

Temporary emergency housing and residential support for families.

**A full listing of all emergency shelters is available on the City of Hamilton website**

# Healthy Eating

## Hamilton Food Access Guide

A full list of places in the City of Hamilton to get food, either for free or at low cost. Available at: <http://www.nhchc.ca/userfiles/FoodAccessGuide2014.pdf>

## Hot Meals

Many locations across Hamilton offer hot meals throughout the week. For a full listing of hot meals, visit: <http://www.nhchc.ca/userfiles/FreeMeals2014.pdf>

**Notre Dame House** offers hot nutritious meals 7 days per week for youth aged 16-25. Lunch 11:30am-12:15pm, dinner 4:00-4:45pm at 14 Cannon Street West.

**Living Rock Ministries** offers breakfast M-F 7:45-9:30am and dinner Tue, Wed, Thurs 6:30-9pm for youth 13-25 at 30 Wilson Street.

## Prenatal Nutrition – Canada's Food Guide

Healthy eating is very important during pregnancy. See page 36 for a full list of drop-in prenatal groups in Hamilton that also offer free healthy snacks. Also, check out EatRight Ontario online: <https://www.eatrightontario.ca/en/Articles/Pregnancy/> or by phone 1-877-510-5102.

# Parenting Support

## Ontario Early Years Centres (OEYCs)

Place where parents can take part with their children in various activities or programs.

The centers offer various supports:

- Get ready to be a parent

- Help your child learn to talk, play, read

- Learn new parenting skills

- Connect you with additional community programs

There are many locations in Hamilton, to find the closest one visit:

<http://www.oeyc.edu.gov.on.ca/locations/index.aspx#hamiltonniagara>

Or call the Early Years Information Line M-F 9am-4:30pm 905-524-4884

**MENToring** Group for dads, uncles, and friends to join an Early Years Facilitator to play and interact with their babies and young children at Ellis OEYC 905-549-2814 x230.

## Parenting Classes, Groups, and Resources

Hamilton has a lot of groups and classes where you can learn new parenting skills and information and connect with other parents. For a complete guide to parenting classes and groups, visit:

<http://communityed.ca/parent.cfm>



## Places you can call to learn about parenting supports

**Healthy Families Hamilton** Facebook page to get advice from Public Health Nurses, Lactation Consultants, and Dietitians [www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton).

**Health Connections** Phone Line staffed by Public Health Nurses M-F 8:30am-4:00pm 905-546-3550. Learn about public health parenting programs and community resources.

**Early Years Information Line** Information on early learning and child care programs, as well as how to apply for a child care subsidy in Hamilton 905-524-4884

Young Parent & Child Centres offer: onsite school, parenting and nutrition programs, life skills: **Angela's Place and Jeanne Scott Parent & Child Centre** 905-549-4276  
**Grace Haven** 905-522-7336 **St. Martin's Manor** 905-575-7500

**McMaster Children's Hospital** offers free 8-week parenting programs a few times a year. Contact Julie Ellis at [ellisjul@hpsc.ca](mailto:ellisjul@hpsc.ca) or 905-521-2100 x77406. Or visit their website for more information: <http://www.mcmasterchildrenshospital.ca/body.cfm?id=245>

## Learning, Earning, and Parenting (LEAP) Program

The LEAP Program provides supports for young parents under the age of 26 to help them obtain their Grade 12 diploma or equivalency. Financial support is available for school-related expenses. Contact 905-546-2424 x3088 or email [leap@hamilton.ca](mailto:leap@hamilton.ca)

## Infant Feeding Support

**City of Hamilton Public Health Breastfeeding Clinic** One-on-one appointments with a Lactation Consultant who will help you with infant feeding and any concerns or difficulties that you have. Call to book an appointment 905-546-3550.

**La Leche League Meetings** Trained volunteers provide mother-to-mother breastfeeding support through a variety of programs and groups. Call 905-381-1010 or email [hamiltonlllc@gmail.com](mailto:hamiltonlllc@gmail.com).

**McMaster Newborn Assessment Post-Discharge (NAP) Clinic** (if you delivered at McMaster). Call to book an appointment 905-521-2100 x76347.

**St. Joseph's Hospital Breastfeeding and Newborn Assessment (BANA) Clinic** (if you delivered at St. Joe's) Newborn assessment and breastfeeding support with a Nurse, 7 days a week. Call to make an appointment 905-522-1155 x33485.

**Telehealth** 24-hour phone support by a Registered Nurse 1-866-797-0000

**Lactation Consultants** at the Maternity Centre, Public Health Services, or your Family Health Team are also there to help if you are a patient at one of those places.

# **Mental Health Support**

## **Women's Health Concerns Clinic**

A multidisciplinary team of psychiatrists, psychologists, nurses, social workers and mental health counsellors provide assessment, consultation, and treatment for women experiencing physical or emotional symptoms related to pregnancy, birth, postpartum and other reproductive milestones. Call the Intake Coordinator at (905) 522-1155 x33979.

## **Youth Wellness Centre**

A safe environment for young people age 17 to 25 to receive expert care for mental health and addiction issues. Call the Intake line at 905-522-1155 x 31725.

## **Mental Health Help Line**

Free phone support, counselling, and information about community resources. Strategies to help you meet your goals can be discussed, and education about mental illness can be provided. Call: 1-866-531-2600.

## **COAST – Crisis Outreach and Support Team**

Coast is a crisis intervention team that responds to people experiencing a mental health crisis. Mental health and addiction workers will provide support and plan for intervention over the phone with you. If outreach support is deemed necessary, the team will respond in the community. Call 24/7: 905-972-8338.

## Healthcare Support

**Centre de Santé Communautaire** is a Francophone Community Health Centre. They provide primary healthcare, prenatal services, nutrition and parenting supports, counselling, and settlement programs. Located at 460 Main St E, call: 905-528-0163.

**De Dwa Da Dehs Nye>s Aboriginal Health Centre offers** holistic preventive and primary health care that includes Physicians, Nurse Practitioners, Traditional Healing, and other primary health services at 678 Main St E. Call 905-544-4320.

**North Hamilton Community Health Centre & Maternal-Child Clinic** Open to pregnant women, teens, and mothers of children 0-6 who don't have a family doctor and live in the North End. Convenient full-service health care, with access to: physician, dietitian, family support workers, and nurse practitioner. Connect to LEAP workers, transitional support workers, Legal Aid, housing workers. Located at 438 Hughson Street North, for information please call: 905-523-6611.

**Hamilton Urban Core Community Health Centre** provides health care and many community programs, including support with obtaining a health card and Identification through their ID Clinic. Located at 71 Rebecca Street. To learn more, visit their website at [www.hucchc.com](http://www.hucchc.com) or call 905-522-3233.

## Other Helpful Friends in the Community

**Alternatives for Youth (AY)** provides substance use counselling services for youth aged 12-22 and those who care about them. Services include: substance education; assessment; individual, group, and family counselling, call: 905-527-4469.

**Essential Aid and Family Services** offers an infant food bank, clothing, supplies, and resources for pregnancy and early parenting. Drop-in open Mondays, Wednesdays, and Fridays at 307A King St E from 10am-12pm. Or call: 289-799-9514.

**Home Management Program** Promotes independence by teaching life skills and offering support to individuals, families, and groups. Call 905-546-4804 or email [homemanagement@hamilton.ca](mailto:homemanagement@hamilton.ca) for more information.

**Living Rock Ministries** offers a wide a wide range of programs and supports for youth aged 13-25, including prenatal and postpartum groups, meal programs and foodbank, wellness program, and life skills. Located at 30 Wilson Street, call 905-528-7625 or visit [www.livingrock.ca](http://www.livingrock.ca).

**Wesley Urban Ministries** offers a variety of community programs and supports. Call 905-528-5629 or visit [www.wesley.ca](http://www.wesley.ca) for more information.



# Healthy **Birth Weights** Coalition

This version of the My Baby and Me Infant Passport is an initiative of the Healthy Birth Weights Coalition in Hamilton, ON

The Passport was adapted with permission from St. Michael's Hospital and Niagara Region Public Health

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