

For the Red Deer prenatal package,
go to Patient Resources at
www.reddeerpcn.com

PREGNANCY & BABIES

Check out this list of useful and reliable websites

www.healthyparentshealthychildren.ca

www.pregnancyinfo.ca (preconception, pregnancy, postpartum)

www.mothersbaby.org (medication and herbal use)

www.birthandbabies.com

www.globalhealthmedia.org/videos/breastfeeding

www.ibconline.ca (breastfeeding)

www.purplecrying.info (newborn care)

www.immunizealberta.ca

www.healthybabyhealthybrain.ca

www.sexandu.ca/contraception (birth control)

www.heretohelp.bc.ca (mental wellness)

www.abdads.ca (parenting/fathers)

www.fsca.ca (parenting and family resources)

www.partnerstoparents.org

www.myhealth.alberta.ca (health info and tools)



BREASTFEEDING CHALLENGES

WHERE TO GO FOR HELP

If you need help with sore nipples, sore breasts, latch problems, yeast or thrush, too little or too much milk, fussy baby, concern about baby's weight gain or any other concern.


Johnstone Crossing Community Health Centre 403.356.6363

- Public Health Nurses offer breastfeeding support and education through prenatal education, telephone counseling and home visits. Public Health Nurses respond to questions and concerns about infant feeding.
- Or call Lactation Consultant **403.356.6444**

Breastfeeding Mothers Group

- You can get individual help from a Public Health Nurse and support from other breastfeeding mothers. Drop-in anytime during the hours listed.
- Tuesdays from 1:30 p.m. – 2:30 p.m.
New Life Fellowship Church
20 Kelloway Cr., Red Deer
- Thursdays from 10:00 a.m. – 11:00 a.m.
Sunnybrook United Church
12 Stanton St., Red Deer

La Leche League

- Visit **www.lllc.ca** for drop in meeting information and support
-  La Leche League of Central Alberta
- Drop-in meetings for information and support
- Central Alberta Help Line **403.348.2410**

Family doctor or doctor
at a walk-in clinic

