

# Guide to the Early Days

## Newborns: Birth–2 Months



Scan the QR codes using your smart phone, or search the topics listed below at [HealthyParentsHealthyChildren.ca](http://HealthyParentsHealthyChildren.ca)  
You can also look up the page numbers in the *Healthy Parents, Healthy Children: Pregnancy and Birth* or *The Early Years* books.



### Caring for Yourself (Pregnancy & Birth Book)

**Caring for yourself after birth:** bathing, breast & nipple care, vaginal discharge & perineal care (pg. 226–237)



**Postpartum mental health** (pg. 244–250)



**Self-care** (pg. 244–246)



**Postpartum mental health** information sheet (pg. 246–250)

**Family support plan**

**Birth control & postpartum sexuality** (pg. 256–272)



### Newborn Feeding & Nutrition (The Early Years Book)

**Feeding your newborn** (pg. 213–215)



**Breastfeeding challenges:**

If you have breastfeeding challenges, you're not alone.

Challenges are common in the first few weeks.

Learn about what to do (pg. 176–189)



**Expressing breast milk by hand** (pg. 166–168)



**Breastmilk supply** (pg. 154–155)



**Equipment for feeding:** cleaning & preparing (pg. 191–200)



#### **Breastfeeding support:**

When your baby latches on correctly, you'll feel a pulling sensation, not pain.

If you have pain in your breasts or nipples, bruising, blisters or cracks, get help as soon as possible.

For breastfeeding support, call Health Link at **811** or talk with your health care provider.

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## Taking Care of your Newborn (The Early Years Book)

**Jaundice**  
(pg. 253–254)



**Developmental milestones:**  
birth–2 months  
(pg. 207)



**Baby's temperature**  
(pg. 255–256)



**Attachment:**  
skin-to-skin  
cuddling  
(pg. 209–210)



**Taking your child's temperature:**  
under their arm



**Developing brains:**  
serve-and-return  
interactions  
(pg. 240–241)



## Keeping your Newborn Safe (The Early Years Book)

**Safe infant sleep**  
(pg. 218–224)



**Interactive tool**  
Safe infant sleep



**Car seat safety**  
Take the 'rear facing' car seat  
YES Test  
(pg. 125–126)



### **Coping with crying:**

Your baby's crying may increase at about 2 weeks and peak when they're about 2 months of age. Using a Crying Plan can help you during this time



## Notes:

Your baby's first well child clinic appointment is at two months:

Call to book: \_\_\_\_\_

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

### **Health Link**

Health advice from a registered nurse.

**811**

**Available 24/7**

**Mental Health Helpline**  
1-877-303-2642

**Immunize Alberta**

