

## Care For Your Newborn

Vancouver Coastal Health has some resources available to support new mom's and their infants. You can read about them [here](#)

We recommend the book Baby's Best Chance which is available free for pregnant women in British Columbia. An online copy can be viewed [here](#).

Sometimes parents worry that their newborn's stool is an abnormal colour. There is information available to help parents determine if their infants stool is normal found [here](#).

The Canadian Pediatric Society has a wealth of information about baby care on their [website](#).