

Let's **Grow**

ISSUE 2

1-3 MONTHS

GROWTH & DEVELOPMENT

Interested in your baby's growth and development? Use www.endds.com to help you monitor their progress. It also has helpful tips and activities for you to try at home.

The [Is My Child Growing Well?](#) factsheet, will help you monitor your child's weight.

IMMUNIZATION

Immunization for most babies in Ontario begins at two months of age. It is important to stick to the recommended schedule as much as possible for optimal protection. When you visit your healthcare provider, take the "Yellow Card" from your green Let's Grow folder to keep a personal record of the immunizations your baby receives.

[Click here for the Ontario immunization schedule.](#)

[Read more about vaccine safety](#) in Canada or about individual vaccines.

Immunization is important throughout the lifespan.

[Are you up to date?](#)

Public Health offers community immunization clinics for people without a primary health care provider. To book an appointment for either yourself or your children, call 519-376-9420 or 1-800-263-3456.





NUTRITION

During growth spurts your baby will want to feed more often. These usually occur around 10 days, 2-3 weeks, 6 weeks, and 3 months of age. This does not mean your baby is ready for solid food. Nursing on demand will increase your milk supply to meet your baby's increased needs. See [Breastfeeding Matters](#) for more information.

Breastfeeding telephone support is available 24/7 at 1-866-797-0000.

Using formula to feed your baby? [Here is a helpful resource](#) to help you learn to prepare, feed and store formula safely.

PLAY

[Reading, speaking, and singing](#) are easy and fun ways to play with your baby. For more information and ideas, watch these videos:

- [Reading to your baby](#)
- [Talking to your baby](#)

Learn more about the [importance of tummy time](#), and different [tummy time moves](#).

SAFETY

Learn more about how to [Keep Your Baby Safe](#).

Health Canada alerts the public to [product recalls and safety issues](#), sign up today.





MENTAL & SOCIAL WELLBEING

Life with a new baby can be challenging and exhausting. If you are concerned about how you are feeling, speak to your healthcare provider.

The Mental Health Crisis Line of Grey Bruce is available 24/7. If you need to talk with someone, please call 1-877-470-5200. The service is confidential and free.

The Grey Bruce Health Unit keeps a list of other [mental health resources](#) available.

The [New Dad Manual](#) and [Dad's Central](#) are resources for new dads and partners looking for information.

LOCAL RESOURCES

[Community Resources](#) for Families is a listing of community supports in Grey Bruce.

For additional information on community resources call 211 or visit [211.ca](#).



WE WANT YOUR FEEDBACK

Please give us your feedback in this very brief survey: <https://www.research.net/r/letsgrownewsletter>

To contact us or unsubscribe, please email: publichealth@publichealthgreybruce.on.ca

