

BIRTH AND POSTPARTUM

Kootenay Community Resources

Birth Registration

- You must register your baby's birth before applying for a birth certificate. This can be done online (<https://ebr.vs.gov.bc.ca/>). You will be given a card with the information that you will need to do so by your birthing facility. Please do this within the first year of your baby's birth, otherwise you will need to contact Vital Statistics directly. When you register your baby's birth, you will also apply for your baby's SIN at the same time. Please note: SIN cards are not sent out anymore and you will simply have the number.
- Birth certificates can be applied for at any registry agent or online at the same place above after the birth has been registered and Vital Statistics has received the Notice of Birth from your birthing facility.

BC Public Health

- Health Link (telephone access to an RN who can give help for non-emergent issues for you and/or baby) - 811
- Healthy from the Start (public health nurses provide information and support through pregnancy) - www.interiorhealth.ca/services/healthy-from-the-start
- Baby's Best Chance (online resource) - www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance
- Strong Start (programs from birth to age 6) - www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc
- Métis Early Years Program - Metisearlyyears@mnbc.ca

Midwifery & Maternity Clinics

- Find a Midwife in BC - <https://www.bcmidwives.com/find-a-midwife.html>
- Interior Health - <https://www.interiorhealth.ca/services/maternity-services>
- Aspen Maternity (Trail) - <https://www.aspenmaternity.ca/>
- Apple Tree Maternity (Nelson) - <https://www.appletreematernity.com/>
- East Kootenay Midwives (Cranbrook/Kimberley) - <https://www.eastkootenaymidwives.com/>
- Kootenay Born Midwifery (Nelson) - <https://www.kootenaybornmidwifery.com/>
- Mountain Midwives (Trail) - <https://mountainmidwives.ca/>

Lactation Support

- Castlegar and District Community Health Center - 250-365-7711
- Nelson Health Center - 250-505-7200
- Kiro Wellness Centre (Trail) - 250-364-6200
- Over the Rainbow Family Services (Cranbrook) - overtherainbowfamilyservices.shutterfly.com/
- Breastfeeding Mamas! (Cranbrook/Kimberley) - www.facebook.com/breastfeedingmamas
- La Leche League support & meetings - www.lllc.ca
- Jack Newman Clinic - www.drjacknewman.com

Postpartum Depression Support

- Canadian Mental Health Association Distress Line - 211
- Pacific Postpartum Support Society - <https://postpartum.org/>
- Mood Disorder Association of BC - 1-855-282-7979
- Here to Help (a self-management guide for people following birth) - www.heretohelp.bc.ca/workbook/coping-with-depression-in-pregnancy-and-following-birth
- Kelty Mental Health - <https://keltymentalhealth.ca/>

Postpartum Doula Care

- Nurtured Postpartum by Sarah Wallace - 778.965.2229 www.nurturedpostpartum.ca
- Kootenay Doula Group - <https://www.kootenaydoulagroup.com/>

Diapering

- Play it Again Kids (Nelson, gently used cloth diapers) - www.playitagainkids.ca/baby-clothing-and-cloth-diapers
- Bumble Tree (Cranbrook/online, new cloth diapers) - <https://bumbletree.ca/>
- Lagoon Baby (online, new cloth diapers) - www.Lagoonbaby.com
- Calgary Cloth Diaper Depot (online, new cloth diapers) - www.calgaryclothdiaperdepot.com
- Disposable diapers to your door from Amazon, Hello Bello, Well.ca, or at other online ordering sites.

Food Delivery

- Chef's Plate - (Set up delivery for meals once a week. Comes with all necessary ingredients and instructions to cook), www.chefsplate.com
- Hello Fresh - (Set up delivery for meals once a week. Comes with all necessary ingredients and instructions to cook), www.hellofresh.ca

Fitness

- Mandala Mamas – www.instagram.com/mandala.mamas
- Madhu Collective (Rossland) – <https://www.madhucollective.ca/>
- Mountain Life Hot Yoga (Cranbrook) – <https://www.mountainlifehotyoga.ca/>

Massage & Body Care

- Trail Integral Therapeutics – www.trailintegraltherapeutics.ca
- Kootenay – Columbia Therapeutics (Trail) – <http://www.kootenaycolumbiatherapeutics.com/>
- Dr Lisa Kramer-Hunt Acupuncture (Trail) – <https://apeacefulpractice.com/>
- Madhu Collective (Rossland) – <https://www.madhucollective.ca/>
- Vital Balance Massage (Rossland) – <https://vitalbalancemt.janeapp.com/>
- Vitality Nelson Health Centre – <https://vitalitynelson.com/>
- The Nest RMT (Nelson) – <https://www.thenestrmt.com/>
- Zoe Purvis, RMT (Castlegar) – <https://zoepurvisrmt.janeapp.com/>

Parent/Infant Programs

- Beautiful Beginnings (Canada Prenatal Nutrition Program – Castlegar) – <https://kootenayfamilyplace.org/family-programs/>
- Bellies 2 Babies (at Family Place in Nelson) – 250.352.6678 ext. 1 or cathys@kootenaykids.ca
- Bellies 2 Babies (Cranbrook) – <https://ccscranbrook01.wordpress.com/bellies-to-babies/>
- Strong Start (Fruitvale) – <https://www.trailfair.ca/family-services/>
- Kootenay Kids (Nelson) – <https://kootenaykids.ca/programs/family-place/>

Childcare

- Child Care Resource and Referral:
 - Trail and Castlegar: <https://www.trailfair.ca/family-services/>
 - West Kootenay: <https://kootenaykids.ca/programs/child-care-resource-and-referral/>
 - Cranbrook: <https://www.ccscranbrook.ca/ccrr-program/>

Books & Websites

- Dr. Sears:
 - The Baby Book
 - The Baby Sleep Book
 - www.AskDrSears.com
- ‘Sweet Sleep’ by La Leche League
- ‘The First Forty Days’ by Heng Ou
- ‘The Fourth Trimester’ by Kimberly Ann Johnson
- ‘The Baby Feeding Book’ by Vanessa Christie
- ‘The Womanly Art of Breastfeeding’ by La Leche League
www.nurturedpostpartum.ca

- 'Breastfeeding Made Simple' by Kathleen A. Kendall
- 'Guide to Breastfeeding' by Dr. Jack Newman
- 'The Whole-Brain Child' by Daniel J. Siegel
- 'Impossible Parenting' by Olivia Scobie
- oliviascobie.com (mental health in the postpartum)
- kellymom.com (feeding baby)
- jessiemundell.com (prenatal and postnatal fitness)