



# Family To Be



## To learn more about your baby, postpartum and family

---

[Early childhood \(0–5 years\) | JHSB](#)

[From Tiny Tot to Toddler](#) – Sections :

- [Baby | From Tiny Tot to Toddler](#)
- [Health | From Tiny Tot to Toddler](#)
- [Family | From Tiny Tot to Toddler](#)
- [Useful information | From Tiny Tot to Toddler](#)

French speaking Videos : [Soins aux nourrissons | CHU de Québec-Université Laval](#)

French speaking Videos : [Soins postnataux | CHU Sainte-Justine](#)

[Pregnancy and Parenthood | Quebec.ca](#)

[Postpartum, child and infant health | Canada.ca](#)

- [Your Guide to Postpartum Health and Caring for Your Baby | Canada.ca](#)

## Capsule 15: My baby and its characteristics

---

### To learn more

[The newborn | From Tiny Tot to Toddler](#)

[A healthy baby | From Tiny Tot to Toddler](#)

[Care and well being for baby 0 to 12 months | Naître et grandir](#)

[Maladie, santé et urgence | Naître et grandir](#) [French website]

French speaking Videos : [Soins généraux | CHU de Québec-Université Laval](#)

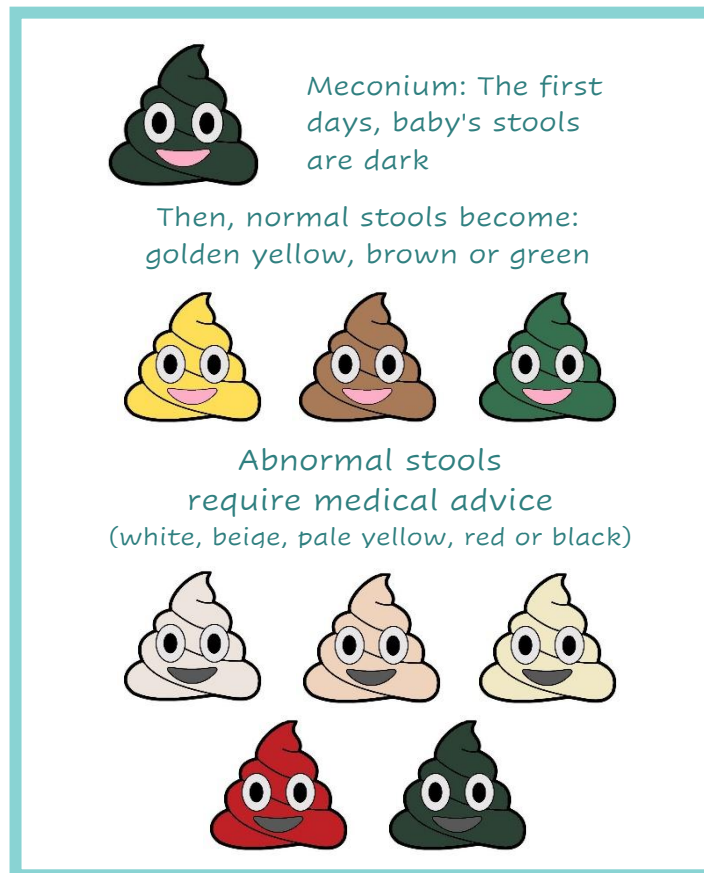
- [Le peau à peau, un cadeau pour la vie](#)
- [Donner le bain](#)
- [Soins du cordon](#)
- [Prévenir la plagiocéphalie](#)

[Torticolis et plagiocéphalie | CHU Sainte-Justine](#) [French website]

[Newborn jaundice | From Tiny Tot to Toddler](#)

[La jaunisse | Naître et grandir](#) [French website]

### Color of baby stools



## Fever

[Fever | From Tiny Tot to Toddler](#)

[La fièvre chez l'enfant | Naître et grandir](#) [French website]

Take the temperature: The best choice is the electronic thermometer, with digital display in plastic for rectal use (precise, more reliable, safe and quick).

Normal: between 36.5°C and 37.5°C

If the child is less than 3 months old and has a fever (over 38°C)

★★★ Consult immediately ★★★

If the child is over 3 months old :

- Consult Info-Santé (811) or a doctor, they will advise you.
- [If the temperature reaches 38.5°C, fever medication is recommended.](#)

Ps: Do not mix the medicine with another liquid, because it will be difficult to know the quantity given if your child does not take it all.

### Acetaminophen 1st choice

- Tylenol, Tempra Atasol, PEDIAPHEN, PEDIATRIX.
- Always rely on the child's weight before administering medication.
- Give 15mg of acetaminophen per kilogram.
- Administer every 4 hours if necessary  
Maximum of 5 doses per 24 hours.

### Ibuprofen 2nd choice

- Motrin, Advil
- Do not administer if less than 6 months old.
- Always rely on the child's weight before administering medication.
- The recommended dose is 10 mg/kg.
- Administer every 8 hours if necessary.  
Maximum of 4 doses per 24 hours.

➔ A pharmacist or Info Santé (811) can help you calculate the right dose.

## Capsule 16: My baby's development

---

### To learn more

[Your child's development | From Tiny Tot to Toddler](#)

[Development | Naître et grandir](#)

[Le développement de l'enfant au quotidien de 0 à 6 ans | CHU Sainte-Justine \[French website\]](#)

[Talking with your baby | From Tiny Tot to Toddler](#)

[Sleep | From Tiny Tot to Toddler](#)

[Sleep safety for babies, infants and children | Canada.ca](#)

### Baby crying

[Crying | From Tiny Tot to Toddler](#)

[Why babies cry | Naître et grandir](#)

[What Every Parent Should Know About Shaken Baby Impact Syndrome | Montreal Children's Hospital](#)

[Le syndrome du bébé secoué | Naître et grandir \[French website\]](#)

[Ce qu'il faut savoir: syndrome du bébé secoué | CHU Sainte-Justine \[French website\]](#)

Babies cry to communicate their needs, for example when they :

- Are hungry
- Are too cold or too hot
- Need to suck
- Are uncomfortable or feel pain
- Need to be held or cuddled
- Feel lonely
- Are overstimulated
- Are tired

*Normally, a baby cries more intensely between six and eight weeks old. This phase will gradually decrease until four months old (intense crying phase, brain development).*

Since the baby can feel your stress and discomfort, try to stay calm when you try to calm them down.

*If you feel impatient, you had better leave the baby in the crib until you calm down, rather than risk hurting the baby.*

Here are a few suggestions if your baby cries :

- Check if the baby is crying for a specific need.
- If you think that you will lose control: STOP, place your child safely in their crib and leave the room for a few minutes.
- Speak out and get support.
- Make a backup plan.

## Capsule 17: My baby's health and safety

---

### To learn more

[Keeping baby safe | From Tiny Tot to Toddler](#)

[Santé prévention | Naître et grandir](#) [French website]

[Santé pratique | Naître et grandir](#) [French website]

French speaking Videos : [Santé et sécurité | CHU de Québec-Université Laval](#)

- [Réanimation cardiorespiratoire \(RCR\) chez les bébés](#)
- [Dégagement des voies respiratoires chez les bébés](#)
- [Sommeil sécuritaire pour bébé](#)
- [Sièges d'auto](#)
- [Virus respiratoire syncytial \(VRS\)](#)

### Medical appointment

During your pregnancy, if you or your partner has a family doctor, ask them if they are willing to become the family doctor for your unborn baby. If you find an assigned health professional (family doctor or specialized nurse practitioner) for your baby who monitors your baby, please make follow-up appointments with them.

If you or your child do not have a family doctor, here are sites that could guide you in your efforts :

- [Getting a medical consultation with a health professional | Quebec.ca](#)
- [Primary care access point \(GAP\) | CIUSSSCN](#)

Infographics in PDF to print :

- [I-do-not-have-family-doctor\\_What-should-I-do.pdf | CIUSSSCN](#)
- [My-baby-doesnt-have-family-doctor.pdf | CIUSSSCN](#)

### Health problem

[Common health problems | From Tiny Tot to Toddler](#)

[Smart Choices: where to go for your child's health problem? | Montreal Children's Hospital](#)

[Quand aller à l'urgence? | Naître et grandir](#) [French website]

[Hygiène nasale | CHU de Québec-Université Laval](#) [French website]

Signs that may indicate a health problem :

- Cries differently for over an hour
- Is hot to the touch
- Changed behaviour
- Changed eating habits
- Pulls their ears or rolls their head from side to side
- Vomiting or diarrhea
- Rapid and noisy breathing

Consult a health care professional in case of :

- Forced or more frequent vomiting
- Refusal to drink for more than six to eight hours
- Any fever before three months old
- Persistent cough
- Complains excessively or unusually irritable
- Unusually lethargic or sleepy
- A change in colour of the lips or face
- Severe diarrhea or unusually frequent and liquid stools
- Seems dehydrated
- A baby who manifests any unusual symptom

★★★ **At any time, if you are worried about your baby's health or well-being, do not hesitate to consult your physician or seek medical attention.**

## Vaccination

[Vaccination | Québec.ca](#)

[Québec Immunization Program | Québec.ca](#)

[Vaccination | From Tiny Tot to Toddler](#)

Immunization schedule				
Vaccine that protects against :	At 2 months	At 4 months	At 12 months	At 18 months
<a href="#">Diphtheria-tetanus-whooping cough-hepatitis B-polio-Hib</a>	X	X	-	-
<a href="#">Diphtheria-tetanus-whooping cough-polio-Hib</a>	-	-	X	-
<a href="#">Pneumococcus</a>	X	X	X	-
<a href="#">Rotavirus</a>	X	X	-	-
<a href="#">Meningococcal C</a>	-	-	-	X
<a href="#">Measles-mumps-rubella-varicella</a>	-	-	X	X
<a href="#">Hepatitis A-hepatitis B</a>	-	-	-	X

## Baby safe

[Baby product safety | Canada.ca](#)

[Toy safety | Canada.ca](#)

[Le portage | Naître et grandir](#) [French website]

## Car seat

[Travelling safely: Car seats | From Tiny Tot to Toddler](#)

[Road safety | Canada.ca](#)

[Child Safety Seats | SAAQ](#)

- French speaking Videos :
  - [Le siège d'auto pour bébé | SAAQ](#)
  - [Siège d'auto pour prématuré | CHU Sainte-Justine](#)
  - [Le siège d'auto pour enfant | SAAQ](#)
  - [Le siège d'appoint | SAAQ](#)

## Go outside with baby

[Protecting your baby from the sun | From Tiny Tot to Toddler](#)

[Soleil: comment bien protéger son enfant? | Naître et grandir](#) [French website]

[Protecting your baby from insect bites | From Tiny Tot to Toddler](#)

[Piqûres d'insectes chez l'enfant: prévenir et traiter | Naître et grandir](#) [French website]

[L'engelure | Naître et grandir](#) [French website]



## Capsule 18: Becoming parent, a major change!

---

### To learn more

[Growing as a family | From Tiny Tot to Toddler](#)

[Family life baby 0 to 12 months | Naître et grandir](#)

[Depliant - Exercise and Have Fun! | Gouvernement du Québec](#)

[Exercices post-partum étape 1 | CHU Sainte-Justine \[French website\]](#)

[Perineal \(Kegel\), thigh, and ab exercises | Naître et grandir](#)

### Adapting to parenthood

[Being a mother | From Tiny Tot to Toddler](#)

[Parenting together | From Tiny Tot to Toddler](#)

With the arrival of a baby, some fathers feel a little awkward or even intimidated. Some have little reference to this new role and others may want to talk with other fathers. Here are some websites about the role of father and which promote fatherhood :

[Regroupement pour la valorisation de la paternité | rvpaternite.org \[French website\]](#)

[Being a father | From Tiny Tot to Toddler](#)

[Becoming a father | Naître et grandir](#)



## Task sharing

[Le partage des tâches entre partenaires | Naître et grandir](#) [French website]

### Who does what at home?

Household tasks	Parent 1	Parent 2
Planning meals	<input type="checkbox"/>	<input type="checkbox"/>
Preparing meals	<input type="checkbox"/>	<input type="checkbox"/>
Doing the dishes	<input type="checkbox"/>	<input type="checkbox"/>
Doing the groceries	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning up (vacuum, dusting, floors, countertops, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Housecleaning	<input type="checkbox"/>	<input type="checkbox"/>
Doing the laundry	<input type="checkbox"/>	<input type="checkbox"/>
Doing the ironing	<input type="checkbox"/>	<input type="checkbox"/>
Preparing the budget	<input type="checkbox"/>	<input type="checkbox"/>
Paying the bills	<input type="checkbox"/>	<input type="checkbox"/>
Taking care of various repairs (fridge, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Taking out the trash	<input type="checkbox"/>	<input type="checkbox"/>
Doing the grounds maintenance and mowing the lawn	<input type="checkbox"/>	<input type="checkbox"/>
Taking care of snow removal	<input type="checkbox"/>	<input type="checkbox"/>
Caring for the garden	<input type="checkbox"/>	<input type="checkbox"/>
Doing maintenance outside the house	<input type="checkbox"/>	<input type="checkbox"/>
Tasks related to the baby and/or children	Parent 1	Parent 2
Bathing the child	<input type="checkbox"/>	<input type="checkbox"/>
Making the child eat	<input type="checkbox"/>	<input type="checkbox"/>
Staying home when the child is sick	<input type="checkbox"/>	<input type="checkbox"/>
Going to the physician with the child	<input type="checkbox"/>	<input type="checkbox"/>
Getting up during the night for the child	<input type="checkbox"/>	<input type="checkbox"/>
Taking the child to the daycare	<input type="checkbox"/>	<input type="checkbox"/>
Picking up the toys	<input type="checkbox"/>	<input type="checkbox"/>
Taking care of the child's essentials (clothes, diapers, milk, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Playing with the child	<input type="checkbox"/>	<input type="checkbox"/>

Keep in mind that sharing tasks fairly, respecting your differences, communicating your expectations and frustration, and creating intimate moments all favour a relationship of equality and help prevent violence. You are an important model for your child.

## Baby blues vs postpartum depression (maternal and paternal)

[Baby blues | From Tiny Tot to Toddler](#)

[Depression | From Tiny Tot to Toddler](#)

[Postpartum depression | Naître et grandir](#)

### Edinburgh Postnatal Depression Scale (EPDS)

In the past 7 days, I have ...

<p><b>1. I have been able to laugh and see the funny side of things</b>            0 – As much as I always could            1 – Not quite so much now            2 – Definitely not so much now            3 – Not at all</p>	<p><b>6. Things have been getting to me</b>            3 – Yes, most of the time I haven't been able to cope at all            2 – Yes, sometimes I haven't been coping as well as usual            1 – No, most of the time I have coped quite well            0 – No, I have been coping as well as ever</p>
<p><b>2. I have looked forward with enjoyment to things</b>            0 – As much as I ever did            1 – Rather less than I used to            2 – Definitely less than I used to            3 – Hardly at all</p>	<p><b>7. I have been so unhappy that I have had difficulty sleeping</b>            3 – Yes, most of the time            2 – Yes, sometimes            1 – No, not very often            0 – No, not at all</p>
<p><b>3. I have blamed myself unnecessarily when things went wrong</b>            3 – Yes, most of the time            2 – Yes, some of the time            1 – Not very often            0 – No, never</p>	<p><b>8. I have felt sad or miserable</b>            3 – Yes, most of the time            2 – Yes, quite often            1 – Not very often            0 – Not very often</p>
<p><b>4. I have been anxious or worried for no good reason</b>            0 – No, not at all            1 – Hardly ever            2 – Yes, sometimes            3 – Yes, very often</p>	<p><b>9. I have been so unhappy that I have been crying</b>            3 – Yes, most of the time            2 – Yes, quite often            1 – Only occasionally            0 – No, never</p>
<p><b>5. I have felt scared or panicky for no good reason</b>            3 – Yes, quite a lot            2 – Yes, sometimes            1 – No, not much            0 – No, not at all</p>	<p><b>10. The thought of harming myself has occurred to me</b>            3 – Yes, quite often            2 – Sometimes            1 – Hardly ever            0 – Never</p>

Contact your CLSC if you do not feel well. We are here for you...

