



IWK Health

5850/5980 University Ave.
PO Box 9700, Halifax, NS, B3K 6R8

www.iwk.nshealth.ca

IWK Switchboard: 1-902-470-8888 / Toll Free: 1-888-470-5888
Emergency: 911 / Telecare: 811

Community Resource Information for New Parents in Nova Scotia



Need a Family Practice Physician?

Use this link to register online on the Nova Scotia provincial wait list for a Family Practice Physician:

<https://needafamilypractice.nshealth.ca>

Use this link if you live in Halifax, Eastern Shore and West Hants and would like information regarding prenatal care:

<http://www.nshealth.ca/service-details/Prenatal%20Clinics>

When to Call Your Health Care Provider?

Keep this list nearby for a reference.

Please call your health care provider if you have any concerns about you or your baby.

In Case of Emergencies call 911.

Concerns about your baby:

Go directly to the nearest emergency room if:

- Your baby has green vomit
- Your baby is very floppy
- Your baby has a seizure or convulsion

Please call your health care provider or 811 if your baby has any of the following concerns:

- Breathing very fast or difficulty breathing
- Abnormal skin color (blue/purple, grey, very pale, or very yellow)
- Sleepy all the time, difficult to wake
- Fewer wet diapers than usual
- Dark yellow, smelly pee
- Very runny or liquid poop
- Dry hard poop, no poop
- Not feeding as well as usual
- Cries more than usual

- Sounds different when crying
- Keeps rubbing, pulling ear
- Cough that lasts more than a day
- Diaper rash that is red, peeling or has sores
- Temperature below 36.3C or above 37.3C

Please call your health care provider if you have any of the following concerns about yourself:

- Increasingly severe abdominal or pelvic pain
- Significant swelling, pain or redness in one or both legs
- Increased bleeding (bright red blood, soaking one pad every hour or more, or passing clots larger than a plum)
- Nausea with vomiting of all food for 12 hours or more
- Pain or burning when peeing
- Severe headaches or trouble seeing
- Fever (temperature above 38 C)
- Sore, reddened area on breast
- Continued “blue” feeling

Public Health

Public Health offers a number of programs and supports to help Nova Scotians beginning and

during pregnancy. This includes breastfeeding and parenting support. Public Health connects with families after birth to identify if more support is needed. They also connect new families with resources and information on community supports. For information on postpartum/postnatal programs, visit our website or contact your local **Public Health Office**: <http://www.nshealth.ca/public-health>

- **Nova Scotia Public Health Offices:**
<http://www.nshealth.ca/public-health-offices>

Or refer to your *Loving Care* books for phone numbers for your local public health office.

Breastfeeding Resources

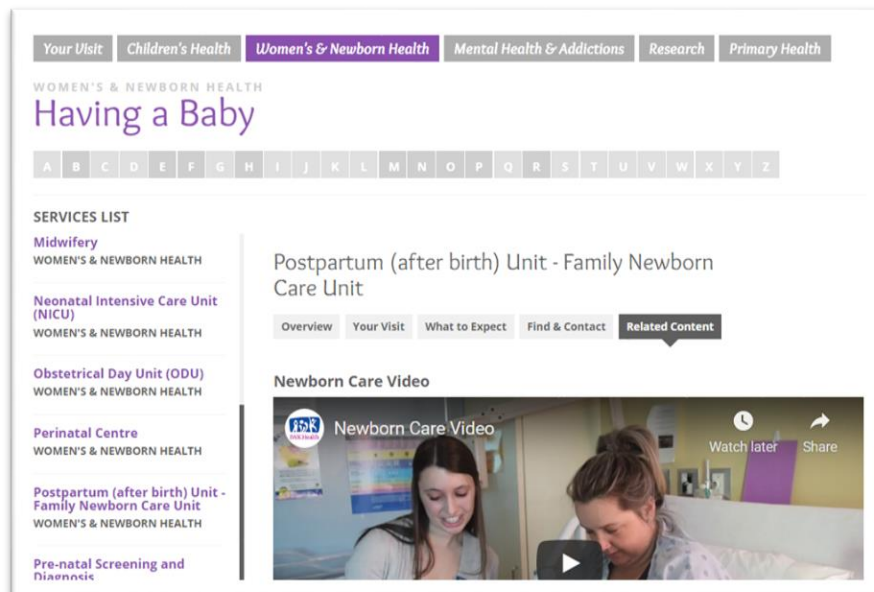
- **La Leche League (LLL)**
<https://www.lllc.ca/about-la-leche-league-canada>
La Leche League provides mother-to-mother help for breastfeeding women across NS. LLL Leaders help by phone, email, at monthly meetings, and by loaning books. To find a Leader, call: **902-470-7029** or visit:
<http://www.lllc.ca/find-group-nova-scotia>
- **Breastfeeding Community of Practice Online**
List of breastfeeding support services in HRM. Visit www.breastfeedingcop.com and click on Breastfeeding Support Helping Tree.
- **Electric Breast Pump Rentals** - Electric breast pumps and breastfeeding supplies are available at a number of local pharmacies.

IWK Parent Teaching Videos

The Family Newborn Care Unit has developed several videos. These videos are about baby care / self-care for the first weeks at home.

To find the videos online:

- 1) Go to www.iwk.nshealth.ca
- 2) Near the top of the website page, click on the gray tab called **“Women’s & Newborn Health”**.
- 3) A drop-down menu appears. Click on **“Having a Baby”**.
- 4) On the left side of the screen, scroll down to and click on this link: **“Postpartum Unit (after birth) - Family Newborn Care Unit”**.
- 5) Then click on the gray tab called **“Related Content”** and select the IWK Teaching Videos you wish to see.



Family Resource Centres

Family Centres offer many services to families. This includes support in pregnancy, preparing for birth and after birth (for example, breastfeeding support).

- **Parent Resource Centre (North End Halifax):**
902-492-0133
- **Fairview Family Centre:**
www.ffcns.ca
902-443-9569
- **Mi'kmaq Child Development and Family Resource Centre (North End Halifax):**
902-422-7850
- **Military Family Resource Centres:**
Windsor Park 902-427-7788
Shearwater 902-420-1885
- **Bayers Westwood Family Resource Centre (West End Halifax):**
902-454-9444
- **Memory Lane Family Place (Lower Sackville):**
902-864-6363
- **The Northgrove (North End Dartmouth) :**
www.thenorthgrove.ca
902-464-8234

- **Parents and Children Together (PACT) (Cole Harbour):**
www.parentsandchildrentogether.info
902-434-8952
- **East Preston Family Resource Centre:**
902-462-7266
- **Eastern Shore Family Resource Association:**
www.esfamily.org
902-827-1461
- **Musquodoboit Valley Family Resource Centre:**
902-384-2794
- **East Hants Family Resource Centre (Elmsdale):**
902-883-4349
- **Chebucto Family Centre (Spryfield):**
902-479-3031
For extra support during pregnancy, birth or after birth, contact:
Volunteer Doula Program:
902-479-3031 ext 305
- **Family Resource Centre of West Hants (Windsor):**
902-798-5961

Mental Health and Addictions Resources

If you or someone you know is in need of mental health or addictions support, please consider the following contacts:

- **Provincial Mental Health and Addictions Crisis Line (24/7)**
1-888-429-8167 (toll free)
- **Mental Health and Addictions Intake Line (Monday – Friday, 8:30am to 4:30pm. Voicemail evenings, weekends, and holidays)**
1-855-922-1122

For more information, contact your doctor or visit:

<https://mha.nshealth.ca/en>

Then scroll down to select options for more information.

Postpartum Depression/Adjustment Reproductive Mental Health Service:

This is a team of clinicians located at the IWK. They provide assessment, initial treatment, and management suggestions for women with psychiatric illness (during pregnancy and the postpartum period). Please speak to your primary care provider about getting a referral. If you would like more information, you can also call **902-470-8098**.

Other Websites

- **IWK Health Centre:**
www.iwk.nshealth.ca
Click on “Resources” in “Women’s and Newborn Health” to search IWK patient pamphlets.
- **Halifax Public Libraries:**
www.halifaxpubliclibraries.ca/resources/health
Health Webpage that includes links to free health databases and Nova Scotia Health Authority patient pamphlets.
- **Clinical Nutrition:**
<https://www.iwk.nshealth.ca/nutritionandpregnancy>
IWK Health Centre webpage with resources to help with your nutritional health. Visit for information on healthy eating for women and families.
- **Child Safety Link (CSL):**
This is a Maritimes-wide program at the IWK. They work to prevent injuries by providing resources to parents, caregivers, and the general community. They focus on car seats, home safety, helmets, poisoning prevention, and playground safety. For more information on CSL:
www.childsafetylink.ca
Phone (Halifax): 902-470-6496;
Toll Free: 1-866-288-1388

- **Sex and U:**
<http://www.sexandu.ca/>
Canadian website that provides accurate, credible and up-to-date information on sexual health. It is a project of the Society of Obstetricians and Gynaecologists of Canada. The site's goal is to provide guidance on having a healthy sexuality.
- **Multiple Births Canada**
(search "Chapters" for Nova Scotia):
902-435-3403 (Halifax) <http://multiplebirthscanada.ca>
Within this organization, the NS Parents of Multiple Births Association (POMBA) supports families with multiples. They offer parent-to-parent support; playgroups; breastfeeding support via book loans; and rental of breast pumps and nursing cushions.

Other Community Resources

In Case of Emergencies: call 911

IWK Emergency Department (South Street Entrance): 902-470-8050

Poison Control: 1-800-565-8161

811 – Nova Scotia Telecare Service (Health Info):

When you dial 8-1-1 in Nova Scotia, a Registered Nurse will give you health advice and information.

This may include recommending you see your doctor or the local Emergency Room. Visit:

<http://811.novascotia.ca/>

211 - Nova Scotia Services (Community Groups, Government): In Nova Scotia, you can call this number 24 hours a day, 7 days a week. Service is in English and French. It is a free, confidential information and referral service for thousands of community and social services available across the province. To access 211, please dial “2-1-1.” Or you can access 211 online: <http://www.ns.211.ca/>

**Other Resources:
(Halifax Regional Municipality)**

- **Veith House Parenting Program:**
902-453-4320
- **Immigrant Services Association of Nova Scotia (ISANS):**
902-423-3607 or toll free in NS 1-866-431-6472
- **Metro Food Bank (Feed Nova Scotia):**
902-457-1900
- **Income Assistance (NS Dept of Community Services):**
 - Halifax 902-424-4150
 - Dartmouth 902-424-3298
 - Sackville 902-869-3600
 - Cole Harbour 902-435-7472

- **Birth Registration / Certificate Help:**
902-424-4381

- **Domestic Abuse:** Abuse can happen in all different kinds of families and intimate relationships. Abuse can be hitting, threats, forced sex, name calling, or other forms of control like keeping money from you. Please reach out if you do not feel safe or if you would like information or support:
 - **NS Domestic Violence Resource Centre:** Go to this website to learn about resources throughout the province.
<https://www.nsdomeesticviolence.ca/>
 - **Adsum House:**
902-423-5049
 - **Bryony House Distress Line:**
902-422-7650 (text or call)
 - **Victims Services Halifax:**
902-497-4709

**This patient/family guide should not be used to replace advice from your health care provider(s).*

**Le présent guide ne devrait pas remplacer les conseils de vos fournisseurs de soins de santé.*

**Please, no scented products or fragrances at the IWK. / * Prière de ne pas porter de parfum et de ne pas utiliser de produits parfumés au IWK.*

IWK Family and Newborn Unit, Halifax, NS.
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