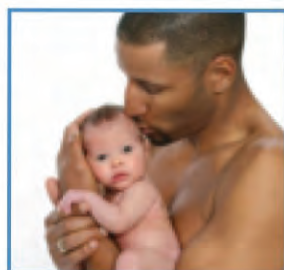


NEW PARENT CHECKLIST



**Alberta Health
Services**



Congratulations

ON BECOMING A PARENT!

A new baby brings both joy and challenges to a family. As you ask yourself these questions, you may find you are doing well in all areas of your life. Or you may find you want more information or help. Remember, this is not a test—it is a guide to help you understand what can make a difference to you, your baby and your family. If you have questions or need help, call one of the resources listed in this booklet or talk with your doctor, parenting educator or public health nurse.



BECOMING A PARENT

- | | | | |
|---|-------------------------------|-------------------------------|---------------------------------|
| 1. I ask other people when I need to know more about looking after my baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 2. I know the kind of parent I want to be from watching other parents, e.g., family, friends and the media. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 3. I know who I can ask for help and support with the changes in my life. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 4. I know how to assess parenting information I get from family, friends and other sources. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 5. I feel confident I can take the advice that fits for me and let the rest go. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 6. I know it's normal to sometimes have mixed feelings about having a baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 7. My partner and I have talked about how we were raised. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 8. My partner and I have talked about how we want to raise our baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 9. I feel happy to be a parent most of the time. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 10. My partner feels happy to be a parent most of the time. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |

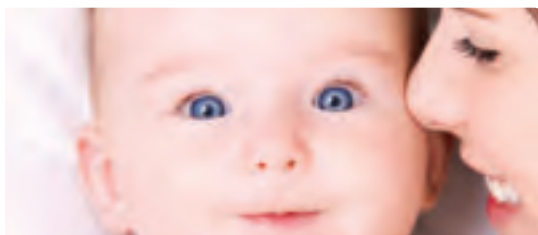
HOW AM I DOING?

WHERE CAN I GET HELP?

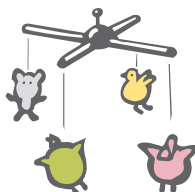
If you answered yes to most of these questions, you understand that having a baby will bring changes to your life. Confident parenting will come as you get more practice, try more things, and talk with other parents.

If you answered no to some of these questions, the following may be helpful:

- Healthy Parents, Healthy Children, a set of books available when you are pregnant. You can see or download the resource online at www.healthyparentshealthychildren.ca or get a redemption card from your caregiver to redeem for a set of books at your community health centre.
- Best Start: www.beststart.org/invest_in_kids/parenting_resources.html
- Parenting classes from Alberta Health Services, Calgary Zone: www.birthishandbabies.com, 403-955-1450
- Early Start Line, for infants under 2 months, 403-244-8351
- Health Link Alberta, for infants over 2 months, 403-943-5465 in Calgary, or 1-866-408-5465 in Alberta
- Public Health Nurse, call your community health centre
- Distress Centre Crisis Line, 403-266-4357
- Eastside Family Centre, 403-299-9696
- Families Matter Postpartum Support, 403-205-5178
- Calgary Family Services, 403-269-9888
- www.myhealth.alberta.ca



MY RELATIONSHIP WITH MY PARTNER OR SUPPORT PERSON



- | | | | |
|---|-------------------------------|-------------------------------|---------------------------------|
| 11. I believe both parents play an important role in caring for their baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 12. We try to make time to do special things for each other. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 13. We have decided how we will share household chores now that we have a baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 14. We have decided what roles we will play in caring for our baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 15. We know it's important to let each other know when we are doing a good job. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 16. We have agreed to always talk about our challenges and work on any problems. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 17. We have talked about what our sex life might be like now that we have a baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 18. We have other ways to be intimate besides having intercourse. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 19. We have thought about how far apart to space our pregnancies and the effect on the health of the mother and baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 20. We have thought about managing our finances over the early years of parenting | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |



HOW AM I DOING?

WHERE CAN I GET HELP?

If you answered yes to most of these questions, you realize there will be lots of changes for you as a couple. You have some ideas of the kind of parent you want to be and what kinds of things you can do with and for your baby. Things may get confusing at times but you know where to go for help for you and your partner.

If you answered no to any of questions 11-16, the following may be helpful:

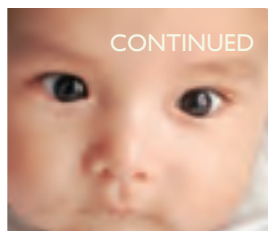
- Calgary Family Services, 403-269-9888
- Families Matter, 403-205-5178
- Healthy Parents, Healthy Children resource at www.healthyparentshealthychildren.ca
- Jewish Family Service Calgary, 403-287-3510
- Parenting classes from Alberta Health Services, Calgary Zone: www.birthishandbabies.com, 403-955-1450

If you answered no to any of **questions 17-19**, the following may be helpful:

- Sexual and Reproductive Health, Alberta Health Services, Calgary Zone at www.albertahealthservices.ca

If you answered no to **question 20**, the following may be helpful:

- Credit Counselling Services of Alberta, www.creditcounselling.com
- Momentum provides RESP savings help for low income families. <http://www.momentum.org>



CONTINUED

MY RELATIONSHIPS WITH OTHERS



- | | | | |
|--|-------------------------------|-------------------------------|---------------------------------|
| 21. The social support that I receive (from a partner, friend or family) is good. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 22. I can share any issues or concerns I have about my birth experience. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 23. Someone I know tells me I am doing a good job as a parent. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 24. I know about programs or places I can go to talk. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 25. If I am parenting alone I have someone I can count on for help and support. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 26. If I am new to Calgary, I am connected with other people in my community who provide help and support. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 27. If I have been abused in the past, I am worried about how this may affect my parenting. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |

HOW AM I DOING? WHERE CAN I GET HELP?

If you answered yes to most of these questions, you have thought about your relationships with others and the importance of asking for help when you need it. You feel supported and know how to ask for help.

If you answered no to any of questions 21-27, the following may be helpful:

- Calgary Family Services, 403-269-9888
- Early Start Line for infants under 2 months, 403-244-8351
- Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465
- Parenting classes from Alberta Health Region,
Calgary Zone: 403-955-1450, www.birthandbabies.com
- Parents and Children Together (PACT), 403-671-1710
- www.myhealth.alberta.ca



MY BABY AND YOU CLASS STARTS ON

MY NEXT "DATE" WITH MY PARTNER
WILL BE ON

SOMETHING I WILL DO FOR MYSELF IS

THE MOST ENJOYABLE PART OF BEING
A PARENT IS



LOOKING AFTER MY NEEDS



- | | | |
|--|-------------------------------|-------------------------------|
| 28. I have thought about which activities I still want to do for myself now that my baby is here. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 29. I take time to meet my needs when the baby is sleeping, e.g. resting myself or reading a book. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 30. I am staying in touch with other new parents. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 31. I know where to go for help if I am feeling unwell in the early days after having a baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 32. I know that it will take time to lose the weight I gained during pregnancy. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 33. I am eating the right kinds of food to help me stay healthy. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 34. I know where to go for help if I feel anxious and overwhelmed. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 35. I know where to get help if I am being mentally, emotionally or physically abused. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 36. I have cried a lot since my baby was born. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 37. I have felt sad, nervous or angry a lot of the time since my baby was born. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |



HOW AM I DOING? WHERE CAN I GET HELP?

If you answered yes to most of these questions, you know that fatigue, your mood, the support you have and your baby's personality will influence how you adjust to parenthood. You have ideas on how you look after yourself and you have friends and family to support you. You know where to find extra support if you need it. If you answered no to any of **questions 28 to 35**, or yes to **questions 36 or 37**, the following may be helpful:

- Calgary Parks and Recreation, 311 in Calgary and 403-268-2489 outside Calgary
- Healthy Parents, Healthy Children resource at www.healthyparentshealthychildren.ca
- Early Start Line, for infants under 2 months, 403-244-8351
- Health Link Alberta, for infants over 2 months, 403-943-5465 in Calgary, or 1-866-408-5465 or www.myhealth.alberta.ca
- Parenting classes from the Alberta Health Services Calgary Zone: Baby and You and more, 403-955-1450, www.birthandbabies.com
- Public Health Nurse, call your community health centre
- Health Link Alberta (ask to speak to a Dietitian), 403-943-5465 in Calgary, or 1-866-408-5465 if you are outside Calgary
- Eating Well With Canada's Food Guide, Health Canada at www.hc-sc.gc.ca and follow the links
- Children's Cottage Crisis Line, 403-233-2273
- Distress Centre Crisis Line: 403-266-4357
- Families Matter Postpartum Support, 403-205-5178



LOOKING AFTER FAMILY NEEDS



- | | | | |
|--|-------------------------------|-------------------------------|---------------------------------|
| 38. If I have given birth to more than one baby, I have people who provide help and support. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 39. I know where to go to get more information on coping with caring for more than one baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 40. If I have a baby who is preterm or has medical concerns, I have the support I need from others. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 41. If I am worried about money, I know where to get information on things like housing, food and other support. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 42. If I have adopted a baby, I know where to go for support and information | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 43. If I am in a non-traditional family, I have the support and information I need. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 44. I have older children who are not adapting well to the new baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |



HOW AM I DOING? WHERE CAN I GET HELP?

If you answered yes to any of **questions 38-43** or no to **question 44**, you know that families and babies come in all shapes and with all kinds of special needs. You feel supported in meeting the challenges of your family and know where you can turn to for further information or help if you need it.

If you answered no to any of **questions 38-43** or yes to **question 44**, the following may be helpful:

- Adoption by Choice, 403-245-8854
- Adoption Options, 403-270-8228
- Calgary Counselling Centre, 403-691-5991
- Calgary Family Services, 403-269-9888
- Calgary Inter-Faith Food Bank, 403-253-2059
- Calgary Outlink: Centre for Gender and Sexual Diversity, 403-234-8973
- Catholic Family Service of Calgary, 403-233-2360
- Children's Cottage Crisis Line, 403-233-2273
- Family Resource Centres, call 211 and ask for the centre nearest you
- Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465
- Inform Alberta, 211, www.informalberta.ca
- La Leche League, 403-242-0277
- Twins, Triplets, and More Association of Calgary, 403-274-8703
- Distress Centre Crisis Line, 403-266-4357
- Eastside Family Centre, 403-299-9696
- Families Matter Postpartum Support, 403-205-5178



KEEPING MY BABY SAFE



45. I have learned how to make my home safer for my baby.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
46. I know that by supervising my baby closely I can reduce the risk of injury.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
47. I use a car seat that is right for the age, height and weight of my baby.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
48. I make sure that my baby's child safety seat is correctly installed for every ride in a vehicle.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
49. I know that safety hazards change as my baby develops and grows.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
50. I know to place my baby on his back to sleep.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
51. I know that my baby needs his own firm, flat, clutter-free surface to sleep on.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
52. I know that there are benefits to my baby sleeping in the room with me until six months of age.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
53. I know when my baby should start vaccinations.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
54. I know to call my Community Health Centre to book my baby's vaccinations.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
55. I plan ahead to prevent people from smoking around my baby.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
56. I know that using alcohol and drugs may affect my baby, my parenting and my relationships.	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> N/A
57. I am getting help to cut down or stop using alcohol and drugs.	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> N/A
58. My partner is getting help to cut down or stop using alcohol and drugs	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> N/A
59. I have planned how my baby and my pet can live together safely.	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> N/A

HOW AM I DOING?

WHERE CAN I GET HELP?

If you answered yes to most of these questions, you have created a safe environment for your baby and are aware of safe sleeping practices. You plan to avoid substances that may get in the way of your parenting and relationships.

If you answered no to any of **questions 45-54**, the following may be helpful:

- Caring for Kids, Canadian Paediatric Society, www.caringforkids.cps.ca
- Child Injury Prevention, Alberta Health Services www.albertahealthservices.ca/injuryprevention.asp
- Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465
- Medication and Herbal Advice, 1-888-944-1012
- www.myhealth.alberta.ca
- Poison and Drug Information: call Health Link Alberta at 403-943-5465 in Calgary, or 1-866-408-5465.
- Safe Kids Canada, www.safekidscanada.ca
- Public Health Nurse, call your community health centre

If you answered no to **questions 55-58**, the following may be helpful:

- Addictions and Substance Abuse Programs and Services, 1-866-332-2322
- Eastside Family Centre, 403-299-9696
- Stop smoking courses, call Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465

If you answered no to **question 59**, the following may be helpful:

- Calgary Humane Society, Education Department, 403-205-4455



CARING FOR MY BABY



60. I feel good about my choice for feeding my baby – either breastfeeding or infant formula.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
61. I know how to tell when my baby is getting enough to eat	<input type="checkbox"/> Y	<input type="checkbox"/> N	
62. I know that breastfeeding requires more healthy nutrients in my diet.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
63. I understand that babies do not need solid food until they are six months of age.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
64. I know where to get help if I have problems with breastfeeding or formula feeding.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
65. I am breastfeeding and using over-the-counter medications. I know where to find out if it is safe to keep using them.	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> N/A
66. I will be taking my baby for regular check-ups and vaccinations.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
67. I clean my baby's gums and teeth every day.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
68. I know that supervised tummy time is important for my baby's development.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
69. I know how to ensure my baby does not get a misshapen head	<input type="checkbox"/> Y	<input type="checkbox"/> N	
70. I know where to get information on child development.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
71. I understand the importance of play in baby's first year and the skills babies develop through play.	<input type="checkbox"/> Y	<input type="checkbox"/> N	
72. I feel emotionally attached to my baby.	<input type="checkbox"/> Y	<input type="checkbox"/> N	



73. I can tell when my baby is hungry.	<input type="checkbox"/> Y	<input type="checkbox"/> N
74. I can tell when my baby is sleepy.	<input type="checkbox"/> Y	<input type="checkbox"/> N
75. I can tell when my baby needs quiet time.	<input type="checkbox"/> Y	<input type="checkbox"/> N
76. I can tell when my baby is in pain.	<input type="checkbox"/> Y	<input type="checkbox"/> N
77. I can tell when my baby wants to play.	<input type="checkbox"/> Y	<input type="checkbox"/> N
78. When I respond to my baby, I am thinking about what he or she might need and feel.	<input type="checkbox"/> Y	<input type="checkbox"/> N

HOW AM I DOING?

WHERE CAN I GET HELP?

If you answered yes to most of these questions, you want to do the best you can for your baby. You already have the basic knowledge needed to care for your baby and know where to go for more information or help.

If you answered no to any of these questions, the following may be helpful:

- Caring for Kids, Canadian Paediatric Society, www.caringforkids.cps.ca
- Early Start Line for infants under 2 months, 403-244-8351
- Healthy Parents, Healthy Children resource at www.healthyparentshealthychildren.ca
- Health Link Alberta, for any age over 2 months, 403-943-5465 in Calgary, or 1-866-408-5465
- In Sync Program, Calgary Family Services, 403-269-9888
- La Leche League, 403-242-0277
- Medication and Herbal Advice, 1-888-944-1012
- Parenting classes from the Alberta Health Services Calgary Zone, www.birthandbabies.com



WHEN MY BABY CRIES

- | | | |
|--|-------------------------------|-------------------------------|
| 79. I know that how much my baby cries is not a result of my parenting. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 80. I realize that soothing attempts can be comforting to my baby, even if the crying doesn't stop. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 81. I know several ways I could try to soothe my baby when he or she is crying. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 82. If I am getting frustrated with my baby's crying I know that it is OK to leave my baby in a safe place while I take a break. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 83. I understand that if my baby can't stop crying, it is more important for me to stay calm than for my baby to stop crying. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 84. I have someone I can call who will come over if I find I am having trouble coping with my baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |
| 85. I know that even a second of shaking can injure or kill my baby. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N |

HOW AM I DOING? WHERE CAN I GET HELP?

If you answered yes to most of these questions, you know that some babies cry more than others and feel able to soothe your baby in different ways. You know it is important to stay calm if your baby can't stop crying.

If you answered no to any of these questions, the following may be helpful:

- Children's Cottage Crisis Line, 403-233-2273
- Distress Centre Crisis Line, 403-266-4357
- Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465
- Public health nurse, call your community health centre
- See Infant Crying at www.safechildren.ca

RETURNING TO WORK, OR NOT



- | | | | |
|---|-------------------------------|-------------------------------|---------------------------------|
| 86. I have some ideas on how I will balance work and family life. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | |
| 87. My partner and I are discussing our options for working outside the home. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 88. We have looked at different childcare options and are considering which one is right for us. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |
| 89. My partner and I have discussed how we will divide the household tasks when I return to work. | <input type="checkbox"/>
Y | <input type="checkbox"/>
N | <input type="checkbox"/>
N/A |

HOW AM I DOING? WHERE CAN I GET HELP?

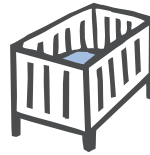
If you answered yes to most of these questions, you have thought about what is right for you regarding working outside the home. If you return to outside work, you have thought about balancing work and family.

If you answered no to any of these questions, the following may be helpful:

- Healthy Parents, Healthy Children resource at www.healthyparentshealthychildren.ca
- Calgary and Area Child and Family Services, www.calgaryandareacfsa.gov.ab.ca and click on Child Care
- InformAlberta, 211, www.informalberta.ca
- Parent Link Centre, www.parentlinkalberta.ca
- Child Care Resources for Parents, www.child.alberta.ca/home/1148.cfm



GENERAL RESOURCES ON PARENTING AND FAMILY RESOURCES



- **Practical information on child safety:** Safe Kids Canada, <http://www.safekidscanada.ca>
- **Health Information available 24/7:** Health Link Alberta, 403-943-5465 in Calgary, or 1-866-408-5465
- **General information on health and vaccinations:** Canadian Pediatric Society, www.caringforkids.cps.ca
- **Information and referral to government and community services:** InformAlberta, 211, www.informalberta.ca
- **Healthy Parents, Healthy Children** resource at www.healthyparentshealthychildren.ca



