Being a father

A new role .......................................................... 672
Importance of the father/child relationship .......... 674
Feeding baby together ........................................... 675
You aren’t born a father, you become one.

Fatherhood is an exciting adventure dads-to-be can start enjoying from the time of conception. In Québec, more and more happy fathers are willingly sharing the feelings of pride and fulfillment they have discovered in their new role as dads.

And they are the first to admit that we haven’t always talked enough about fatherhood. It wasn’t that long ago that our society saw fathers simply as providers. Today, that role has evolved.

It’s up to you to decide what kind of father you want to be. What did you like about your own father? What would you have liked him to do more? What kind of relationship do you want to have with your baby? Maybe you would like to be the type of father who

- Plays with his baby and enjoys activities together
- Takes care of his child, feeds her, changes diapers, prepares meals, and gets her ready for bedtime
- Shows his love for his child
- Educates his child and takes responsibility for her: keeps track of her vaccinations, books the babysitter, and makes plans for his child
- Provides for his child—yes, it takes money to raise a child
- Enjoys talking about his baby, carries a picture of her, and expresses his pride in her
Take advantage of the pregnancy to start building a relationship with your child. As soon as her mother’s belly begins to swell, the fetus can hear your voice and will soon learn to recognize it. If you feel like it, talk to your baby, sing her a song, or stroke her mom’s belly. These will be among the first of many magic moments as a family, even before your baby is born.

You are unique and very important to your child. Creating an early connection with your baby will help the two of you form a solid bond (see Bonding, page 266).

A new role

It takes 9 months to prepare for the arrival of a baby. These days it’s easier for fathers to follow the pregnancy closely. Many dads-to-be are present for the ultrasound, attend prenatal sessions with their spouse, and touch the mother’s belly to feel the baby move. Together, the future parents dream that their baby’s birth will be like a celebration.

When your baby is born, your whole life is turned upside down! Your schedule is all mixed up, the house is a mess, and the new mom is exhausted. Your relationship as a couple doesn’t seem to exist anymore. You feel lost.

Don’t panic—most parents go through this phase!
First, identify your emotions – The birth of a child can take you on an emotional rollercoaster ride. Some of those emotions are positive, like the happiness, wonder, and pride of fatherhood. But feelings of insecurity, uncertainty, and clumsiness can often be harder to deal with. The first step is to recognize your feelings. It’s important to name your emotions, even if they’re hard to accept. There’s a good chance you have someone you can talk to who can help you feel more comfortable about your new role as a father.

Play an active role in caring for your baby – There is no instruction manual on how to be a parent. Getting involved in the day-to-day care of your little one will build your confidence. You may not do everything the same way your spouse does. The important thing is to agree on what has to be done, while respecting each other’s way of doing things.

Nurture your relationship as a couple – At first, new parents sometimes have the impression that they don’t get a minute’s rest and they fear they’ll never again be able to sit down to a quiet meal together. This can certainly put your relationship to the test. But rest assured, things will be easier once you’ve both established your new routines. Even though it’s not always easy, make time to take a break together. Try to understand your spouse’s feelings during the post-partum period (see Baby blues, page 215 and Depression, page 215). Once you’ve settled into your new roles, you’ll both rediscover the desire for intimacy, although perhaps not at the same time.

Accept help from family and friends – The support of family and friends can be extremely helpful while you’re adapting to your new situation. If people offer to help, accept. But be mindful not to let them take over your space. Delegate household work and meal preparation, and stay with the routine you need to learn about your new responsibilities. Remember, it’s important to protect your privacy as a couple and family.
Importance of the father/child relationship

As a father, the relationship you develop with your son or daughter is very important to them. This bond is built through the care, time, and attention you give to your child.

Just like mothers, fathers have some things to learn before feeling comfortable in their new role. Believe in yourself! Find activities that you like doing with your baby, and together, take the time to get to know each other. The bond you build with your child will grow over time.

Children's relationships with their father have an effect on how they relate to other children and adults.

But both parents should agree on family rules. A shared approach to discipline will be valuable for years to come. Parenting is easier when the parents can count on each other’s support. The whole family benefits.
Feeding baby together

Your role in feeding your baby is important regardless of how she is fed. You can use feeding as an opportunity to get to know your baby by burping her, changing her diaper, holding her, rocking her, and putting her to sleep after she has been fed. You can lay her on your chest to help her fall asleep. All children—boys and girls alike—need the comfort and reassurance of physical contact with Dad.

During breast-feeding you have a key role to play. Burping baby, offering assistance in getting her to breast-feed, or simply bringing her to Mom are things you can do each day to help with feeding. Feeding your baby will take lots of time in the first weeks. Taking responsibility for household chores (grocery shopping, cooking, doing the laundry) is another way to contribute indirectly to breast-feeding.

If your baby is generally bottle-fed, you’ll find a way to share the task with your spouse that works best for you. The first spoon feedings are also enjoyable moments to share with your baby.
Being a mother

A new experience as a woman ......................................... 677
Have faith in yourself .......................................................... 679
Rest, rest, and more rest ....................................................... 680
Feeding Mom ........................................................................ 681
The birth of a child is an extremely emotional event. Becoming a mother will bring you great joy and a deep attachment to your child. Once your baby is born, you will start learning about being a mother. As you did during the pregnancy and birth, you may need some professional advice or assistance.

**A new experience as a woman**

In addition to being mothers, most women want to achieve a sense of personal fulfillment in their work, friendships, and love lives. However, this process can take time. You may have had to wait a long time before having your first child. Or maybe this whole experience wasn’t planned at all.
Holding your infant in your arms for the first time is a very moving moment. Your baby’s arrival will teach you things about yourself you probably never knew. You may have some doubts about yourself as a mother from time to time, but you’ll grow and change as your child does. This tiny person now depends completely on you and his father!

All too soon your baby will be a child, then a teenager and adult. When you’re cuddling or feeding your newborn, try to enjoy the moment. These moments will remain etched in your memory and will lift you when you’re feeling tired or down.

Many women who become mothers develop a new passion, finding out everything they can about family life. Some develop special skills and want to share them with other moms or get involved in various family community groups.

Some moms decide to stay at home and raise their children full-time, while others go back to work either full or part time.
Have faith in yourself

Worried you don’t have what it takes to be a mother? That’s perfectly normal!

There’s no school where you can learn this job. Afraid of being clumsy when giving the baby his bath, or not understanding why he cries, or panicking when he comes down with his first fever? Don’t worry yourself.

Your first experiences with your baby are intense and emotional. While you may have doubts every now and then, remember that you’re getting to know your baby a little more with each passing day.

With a baby, your days are very busy. At first it’s quite tiring. There is no miracle cure for this, but there are many magic moments, like your baby’s first smiles and your cuddles and kisses.

Have faith in yourself and your partner. Listen to your intuition for answers to your questions. Understanding your baby’s needs gets easier each week. You’ll learn from your experience and become more sure of yourself. You’ll also see your baby becoming less and less fragile. You may be surprised at how comfortable you are doing certain tasks that used to make you nervous.

Being a mother

Family
For most women, it takes about two years to strike a balance between their spouse, friends, work, and the new role of mother.

You will gradually master your new role, discovering your strengths and your own way of doing things. Routines are built through time and teamwork, and daily chores become easier.

**Rest, rest, and more rest**

As long as your baby is waking up at night, try to take naps during the day. If possible, ask those close to you for help taking care of your baby—and of you too!

Above all, don’t demand too much of yourself. A little dust around the home isn’t the end of the world. The quality time you spend with your baby is much more important.
Feeding Mom

Sticking to *Canada’s Food Guide* is the best way to make sure you get all the nutritional elements you need. Eat a variety of foods every day from each of the four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.

Eating well after you give birth helps you

- Rebuild your nutritional reserves
- Maintain an adequate level of energy
- Reach and maintain a healthy weight
- Maintain or improve your health

Breast-feeding? Learn more about diet during the breast-feeding period in *The mother’s diet* on page 331.

It’s in your interest to keep up your healthy eating habits after your baby is born.
Family

Being a mother
Growing as a family

Nobody’s perfect! ........................................ 686
Take time for yourself and your partner ............ 686
Grandparents ............................................. 687
New families, new situations .......................... 688
Reaction of older children .............................. 689
Twins ......................................................... 690
Being a parent of a baby who is “different” ......... 692
Taking Baby for a walk ................................ 694
Family activities .......................................... 697
Getting a babysitter ..................................... 698
Budgeting for Baby ....................................... 699
Choosing clothes ......................................... 702
Caring for clothes ........................................ 703
First shoes ................................................. 703
Help is available ......................................... 706
The birth of a child gives new meaning to a couple’s life together. You are responsible for caring for your child and being there to guide her through the various stages of growing up. But there’s more than one way to be a team.

Children have physical and emotional needs. Fathers and mothers each address them in their own way.

To form a strong team, it’s important to understand each other’s needs.
Growing as a family

Nobody’s perfect!

There’s a lot of trial and error involved in being a parent. Don’t get discouraged—everybody makes mistakes, questions themselves, and has moments when they feel insecure.

Am I being too strict? Am I spoiling the baby? Parents constantly ask themselves questions like these. There’s no single right answer for every situation. Today there are many types of families. Determine your roles as parents according to your values and to the needs and strengths of you and your partner.

Children need love and support but they also need rules and limits. As a parent, you will sometimes be loving and affectionate. But you will also sometimes be an educator enforcing the rules. You’ll find your own way to combine the two roles.

Take time for yourself and your partner

You may sometimes feel your own needs are being overlooked as you devote yourself entirely to your baby. At other times she will bring you great joy, giving you a boost of energy and making you proud of her and yourself.

When you feel the need, treat yourself to a special outing or a day off with your partner. Continue to share your favourite activities and make plans together. Enjoy yourselves!

Communication is key to nurturing your relationship as a couple. Pregnancy and the birth of a child bring big changes and require both parents to adapt. Talking about your feelings, your worries, and your happiness during this intense period can help keep you close.
If you’re a single parent, it’s also very important to take care of yourself. A nice hot bath, a meal with friends, or a special outing can be a wonderful break.

**Grandparents**

Becoming a grandparent is a unique new opportunity to relive a child’s first moments. It’s also an occasion to witness firsthand the birth of a family. The role played by Grandma and Grandpa in this new family will depend on a host of factors: distance, work, the relationship with the new parents, and the grandparents’ desire to be involved.

Grandparents may do things differently, and practices have changed a lot since their day. This guidebook *From Tiny Tot to Toddler* can be a very handy tool for sharing the latest recommendations with your child’s grandparents.
Growing as a family

Pregnancy is a good time to talk about the grandparents’ new role. Do you want them to be present during the baby’s first days? How will they be involved in his education? How can they best help the new parents?

The first few weeks will be easier for the new parents if someone else is helping them look after household chores. Home-cooked meals, for example, are a wonderful, heartfelt gift new parents are sure to appreciate.

It takes time to build a relationship with a grandchild. Your close and loving attachment, sense of pride, and protective instinct are the foundation for a lifelong bond.

New families, new situations

Every member of the family, no matter how big or small, needs love and attention. Sometimes you have to find new ways to keep everyone happy. This is important.

If you’ve started a new family with a new mate, you already know about change. The birth of a new child will be an opportunity to reconsider everyone’s place. There is no right or wrong way of doing things. It’s up to you as parents to discover what works for each member of the family.

Time and patience are your best friends while everyone is getting used to the new situation. Remember, you’re not the only one adapting to your new family life.
Blended families are increasingly common. Don’t be shy to talk about your situation with relatives and friends.

If you need support, contact the CLSC or community groups in your area. There are also a number of good books on the subject.

**Reaction of older children**

A child of any age can be worried about and jealous of the arrival of a new baby in the family. This is a normal reaction. It’s important to prepare older children before the birth. Even so, older children may still behave differently for a few weeks. They need time to get used to their new role and to understand that they still have a big place in your heart.
Your twins may look alike, but they are two very distinct people. As parents you can encourage each child’s own unique character. With time you’ll discover what sets them apart.

Your older child may fall back into earlier behaviour (e.g., bedwetting, thumb-sucking, stuttering, or asking for the breast). Don’t blame her—these are normal reactions. Keep showing her tenderness. She’ll quickly become attached to the baby. If you give her little chores to do, she’ll feel like a “big” girl. Tell her what you’re doing with the baby and remind her that you did the same for her when she was a little baby. If she wants, sing to her, rock her, and tell her you love her as much as ever.

Twins

If you give birth to twins, your life during the first few months will revolve around feedings, diapers, baths, and naps. You’ll have the same routine as all new parents—times two! You’ll also be doubly amazed at how your babies develop from day to day.
Even identical twins will probably have different schedules. To make things easier, keep a notebook of each baby’s schedule. This will also be helpful to those who come to give you a hand.

If friends are looking for gift ideas, why not ask for diapers, home-cooked meals… or a few hours off!

You’ll very likely need a hand looking after the babies and doing household chores. Seek help from your family, friends, or CLSC.

Even if you’re the very busy parents of twins or triplets, make sure to set aside time for yourself and your significant other. Remember, you’re more than just parents! If the weather is good, get out of the house with your babies. This will break the routine and give you the chance to chat with other people. Plus, people are sure to express their admiration at the sight of your twins, making you feel proud and rewarded.

To find out more, contact:

**Association de parents de jumeaux et de triplés de la région de Montréal inc.**
514-990-6165
www.apjtm.com (in French only)

**Association des parents de jumeaux et plus de la région de Québec inc.**
418-210-3698
www.apjq.net (in French only)
Being a parent of a baby who is “different”

Some parents learn during pregnancy that they will have a baby who is different, while others only find out at birth or in the hours, days, weeks, or months that follow. In some situations, it’s the parents who notice their baby is different.

Regardless of when you learn of a chronic illness, disability, or other persistent problem in your child’s life, it can be deeply upsetting. After all, don’t all parents-to-be wish first and foremost for a healthy baby?

The need to know

Sometimes it’s hard to make a definite diagnosis. It can feel like these difficult times of worrying and waiting will never end. Receiving a diagnosis often makes it easier to know the best way to act, but this is not always the case. Your intuition and knowledge of your baby are valuable assets.

There are also many advantages to developing a good relationship with all the health professionals dedicated to your baby’s well-being.

Medicine has come a long way in recent years. It is now sometimes possible to identify the cause of a baby’s health problem or deformity. It may be a genetic or metabolic illness, a birth defect, a neurological disorder, or a syndrome. Regardless of whether medicine can help identify the cause of your child’s health problem, avoid falling into the trap of needing to blame someone or something.

Help is available

A baby with health or developmental problems often requires more care and has greater needs. It will take courage and a lot of love on your part. But don’t forget that parents also have needs as they learn to adapt.
There are support groups to help you come to grips with the situation and your baby’s health. Some services may also help you care for your baby. Remember that you just gave birth and still need to rest, despite the emotional strain, errands, appointments, medical investigation, and hospitalizations.

Obtaining a clear diagnosis for your baby is an important step. As soon as you receive a diagnosis, you can put your child on the waiting lists at rehabilitation centres that can help her. Unfortunately, these waiting lists are sometimes long. Various associations provide information and, in some cases, support for families faced with specific health problems. Don’t hesitate to ask questions of the health professionals and parents you meet.

Services differ from one region to the next. You’ll find the resources that suit you best by exploring what’s available. The website www.laccompagnateur.org provides a wealth of practical information that can guide you in your search for information about your “different” child.

Financial support is available. For information on the Supplement for Handicapped Children provided by the Retraite Québec, go to page 731. To learn more about the Child Disability Benefit (CDB), visit www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html.

**Take the time you need**

When you bring a “different,” ill, or disabled child into the world, life becomes very action-oriented. You need to take care of him, stimulate him, give him medication, feed him, and so on.

All these tasks mean you lack the time and energy to simply be with your baby. “Being” with your baby who is different can simply mean spending time massaging him, stroking him, watching him sleep, just looking at him without worrying about his physical care or medication, sharing your sorrow with him, and expressing your love.

Forming a bond with your baby is as important for you as parents as it is for him. This contact without any obligation to “perform an action” will help you come to grips with and adapt to the situation.
Taking Baby for a walk

Babies need fresh air and light, and they need to get out. A healthy baby can go outside every day, even in winter, as long as the temperature is not too cold (down to about –12°C) and it’s not too windy. She’ll be stimulated and distracted, and get plenty of oxygen.

Your baby can’t tell you if she’s cold, so it’s very important to keep her extremities—head, hands, and feet, which get cold first—well covered.

The first outings should be relatively short: about 20 to 30 minutes. They can gradually get longer, provided your baby is comfortable. Since infants often experience discomfort when exposed to the wind, be sure to use the carriage or stroller hood for protection. When the temperature drops below freezing, do not stay outside too long as your baby runs the risk of frostbite, especially if she is not moving around.

Babies don’t like hot summer weather and must be kept out of the sun (see Protecting your baby from the sun, page 643). If it’s very hot out (25°C or more), dress her in only a short, lightweight garment and diaper. Your baby can sleep in her room with the window open. If the temperature is milder, around 21°C for example, she may enjoy sleeping outside in the carriage with a mosquito net, out of the wind and sun. The carriage needs to be long enough for the baby to stretch out. Babies must always be buckled in and kept under a watchful eye.

Baby carriers

Babies like to be snuggled up next to their father or mother, even when taking a walk. Baby carriers (front pouches, backpacks, or slings) are convenient, and your body heat and walking motion may well help rock your little one to sleep. However, certain precautions must be taken to avoid injury:

- Read the manufacturer’s instructions to ensure the baby carrier is right for your size and for your baby’s age and weight.
• Check that seams, straps, and fasteners are secure.

• Adjust the straps to keep her head upright and her shoulders and back straight.

• Make sure that her breathing is not constricted by clothing, a blanket, or the carrier’s fasteners. Also make sure her chin is not resting against her chest and her face is not flat against you.

• Dress your baby properly for winter, but make sure her clothes are not so tight that they cut off circulation.

• Hold your baby when you bend over.

• Take extra care when going up and down stairs.

• Don’t use a baby carrier during activities where you could fall, for example, biking or walking on an icy sidewalk.

• Do not use a baby carrier when cooking, to avoid potential burns.

• Do not lie down or nap with your child while your infant is in the baby carrier.

Front carriers are fun for babies and practical for parents.
Your child should always wear a helmet, whether she is riding in a bike seat or a trailer.

On your bicycle

Your baby is ready to ride in a bike seat or trailer once she is

- At least one year old
- Able to sit up on her own while wearing a bike helmet

By this age her neck muscles are strong enough to support her head and the bike helmet in the event of an accident, and her head is big enough so that the helmet will fit her properly.

Make sure your child is seated properly in the bike seat or trailer with the straps adjusted correctly. She should be sitting upright, with her shoulders and head well supported. The bike seat should be equipped with a headrest and leg protectors for maximum safety.

Check the seat’s maximum weight capacity and make sure it is compatible with your bike. If you use a bike trailer, install the safety flag on the back to make it more visible. Be sure to read the recommended safety precautions in the user guide that comes with the bike seat or trailer.
Never leave your child in the seat when you’re not on the bicycle as it could tip over and injure her.

With the extra weight behind you it takes longer for the bike to stop when you brake, so take it easy the first few times out until you get used to the feeling.

**In the stroller or carriage**

There are many styles of strollers and baby carriages to choose from. Models that convert from carriage to bed to stroller are practical year-round. Those with reclinable seats are an excellent way to get around. Umbrella strollers are handy but light, and can tip over.

Always buckle up the safety harness and keep a close eye on your baby. While it’s convenient to hang a few shopping bags from the stroller or carriage handles, be careful not to overload it, which can cause it to tip over.

**Family activities**

Most children love being outdoors. Municipalities often offer enjoyable activities at low cost. In summer, many organize free outdoor concerts. Contact your municipal recreation department to find out what’s available in your area.

Your energy will return once you’ve adapted to life with your new baby. Many parents then get the urge to get out and do things as a family. This is a good idea! Depending on your energy level, there’s no reason you can’t continue your usual family activities with the baby. Even very brief outings are beneficial for the whole family. They are a good way to break the sense of isolation you may feel. Try a few short outings as soon as you feel up to it.

Take your child outside in a baby carrier or in a stroller in summer or a sled in winter. In summertime, picnics in the park can be a lot of fun. If the weather’s bad, seek out indoor activities where you can meet other people.
Getting a babysitter

Finding childcare is a key concern for parents wishing to return to work after taking parental leave. For full details on this topic see *Childcare services in Québec* on page 722.

If you want to go out alone with your partner, you’ll need to entrust your baby to someone else. Choose someone you know or who has been recommended by other parents.
If you opt for a teenager, pick one who has experience and has taken a babysitting course. Have the babysitter come for a visit before you leave him or her alone with your child.

Watch how your baby reacts to the sitter. Before going out, make sure you leave a phone number where you can be reached and the approximate time you’ll be home.

Information to give the babysitter:

- Baby’s name and age
- Bedtime and feeding schedule
- Phone number where you can be reached and emergency phone numbers

Budgeting for Baby

With the arrival of your baby, new expenses combined with a drop in income can be an added source of stress, so try to keep life simple. There are different types of financial aid that may be available to you. Full information can be found in the Becoming a parent chapter on page 710.

Take advantage of your pregnancy to make your needs known to people around you. You can also explore the treasures to be found in thrift shops, garage sales, second-hand clothing stores, used furniture stores, and bazaars held by church and community groups.
Concerned about the costs associated with the birth of a first baby? Check out the 2008 edition of *Un bébé à bas prix*, published by the consumer association ACEF. The guide is available (in French only) for $7 (plus $3 for shipping) by calling 514-257-6622.

If your family is having trouble adjusting financially to your baby’s arrival (debt, difficulty paying regular bills, etc.), there are about 30 consumer associations in Québec that offer free budget consultation services.

For the name of the association nearest you, contact Union des consommateurs du Québec at 514-521-6820 or 1-888-521-6820, or Coalition des associations de consommateurs du Québec at 514-362-8623 or 1-877-962-2227. You can also visit www.consommateur.qc.ca (in French only), which provides a list of these associations.
Family
Being a father

Karen Baldwin
Choosing clothes

As diapers will be part of your baby’s wardrobe for about two and a half years, you’ll find more about them in the section Choosing diapers on page 547. When it comes to clothing, there’s no need to buy lots of clothes of the same size because your baby will grow quickly. The size indicated on the tag can be deceiving: even if your baby is only 1 month old, a size 3-month garment may already be too tight.

The choice of clothing is often based on the weather. In summer, a diaper and a light garment or undershirt are fine. Dress your baby more warmly if you have air conditioning. In winter, your baby will be very comfortable in pyjamas with feet. Your baby’s toes shouldn’t be curled up in pyjamas that are too short. Check whether your baby is too hot by touching the back of his neck: it shouldn’t be damp.

Preparing for the arrival of your baby requires a few necessities. But there’s no need to spend a fortune!
Caring for clothes

If your baby has sensitive skin, wash her clothing separately with mild, unscented soap. Rinse the clothes twice to get rid of any trace of soap. Poorly rinsed clothes are often the cause of skin irritations.

It’s best to wash new clothes before your baby wears them. Watch out for fabric softeners: they can irritate the skin of some newborns.

First shoes

Babies normally have flat feet until the age of about three. The arch takes shape as the muscles develop. Letting your baby go barefoot in the house and outside in the summer about half the time is excellent for his feet. There’s no need for shoes before your baby takes his first steps.
It’s best to take your baby to the store with you when buying him shoes. The shoes should fit properly at the heel and be about 1.25 cm (½ inch) longer than your baby’s feet. Have your baby stand up so that you can measure the space between his longest toe and the tip of the shoe. You can also measure the inside of the shoe with a measuring tape and compare this measurement with the length of your baby’s foot when he’s standing.

Your baby’s first shoes should have a semi-rigid sole. You should be able to bend the front of the sole with slight pressure. Shoes protect the feet and keep them warm. Ankle-high boots offer unnecessary support and are harder to take off. Socks should not squish the toes together.

When your child is between the ages of 12 and 36 months, check his shoes regularly to make sure they still fit properly.
Help is available

In your neighbourhood there are many community organizations, volunteer groups, and social economy enterprises providing services for families and support for parents in their new role. Are you familiar with them?

At every stage of life, getting involved in community life can be enriching for you and for other parents. In your community you’ll find information, help, respite, solutions, friends, a babysitter... or maybe even the desire to become a volunteer!

Find out about the organizations in your neighbourhood by contacting your CLSC. You’ll also find contact information for a number of associations, agencies, and support groups on page 750.

LigneParents

If you have a sudden concern about your child, you can call LigneParents (1-800-361-5085) or visit www.ligneparents.com (in French only). This free support hotline and online service is available throughout Québec. Don’t hesitate to call or check out the site—staff will be happy to provide information even if the situation doesn’t seem serious. You can also contact Première ressource, aide aux parents at 514-525-2573 or 1-866-329-4223.
Guide Info-Famille

If you’re looking for written material, try the Guide Info-Famille, published by Éditions du CHU Sainte-Justine (in French only) or visit www.editions-chu-sainte-justine.org. The guide and website provide a list of books, associations, and websites that can answer parents’ specific questions.

Adaptation problems

Does your child have sleep or behavioural problems? Does she seem overly nervous or sad? Talk to a doctor or a trusted health professional. Don’t feel guilty—you wouldn’t hesitate to consult a health professional for an earache, and you shouldn’t for other health problems either. A CLSC social worker can help or direct you to the appropriate person.

Ordre des psychologues du Québec can also refer you to psychologists in your region who work with children. If you are on a tight budget, some insurance policies and most employee assistance programs will reimburse part of these expenses.