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## Becoming a parent: Government programs and services

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# Foreword

The *Becoming a parent: Government programs and services* chapter, prepared by Services Québec, contains general information on the main government programs and services available to parents and future parents as well as the steps to be taken following the birth of a child.

If, after reading this chapter, you would like to obtain more information on the Gouvernement du Québec programs and services, consult the electronic guide *Becoming a parent*, offered at the following address: [Quebec.ca/en/parent](http://Quebec.ca/en/parent).

For more information on this chapter or on Gouvernement du Québec programs and services, contact Services Québec.

## Online

[Quebec.ca](http://Quebec.ca)

## By telephone

Québec area: [418-644-4545](tel:418-644-4545)

Montréal area: [514-644-4545](tel:514-644-4545)

Elsewhere in Québec: [1-877-644-4545](tel:1-877-644-4545)

TTY (Teletypewriter): [1-800-361-9596](tel:1-800-361-9596)

## In person

At a Services Québec office near you. You will find the contact information for the office in your region in the Contact Us section of the [Quebec.ca](http://Quebec.ca) website.

We want to thank all those involved for their assistance in updating the *Becoming a parent: Government programs and services* chapter.

Happy reading!

## Before birth

# Parental leave and preventive withdrawal

### Leave under the *Act respecting labour standards*

*Commission des normes, de l'équité, de la santé et de la sécurité du travail*

The paid and unpaid leave you are entitled to is specified in the *Act respecting labour standards*. While the *Act* protects the majority of salaried employees in Québec, some are totally or partially excluded. Unionized employees should check the clauses in their collective agreements dealing with leave.

The *Act respecting labour standards* also provides for unexpected events that may occur during certain types of leave; these provisions allow you to be absent to fulfill obligations related to your child's care, health and education. Contact the Commission des normes, de l'équité, de la santé et de la sécurité du travail for details.

Note that some leave that is unpaid under the *Act respecting labour standards* is paid, in whole or in part, under the Québec Parental Insurance Plan (see [Québec Parental Insurance Plan](#), page 778).

To avail yourself of any of the leaves described in this section, you must meet certain eligibility requirements.

### Leave granted for medical examinations related to pregnancy

You may be absent from work, without pay, for medical examinations related to your pregnancy. You must notify your employer as soon as possible of the time you will be away.

## Maternity leave

Generally speaking, if you are a salaried employee and pregnant, you are entitled to take up to 18 consecutive weeks of maternity leave without pay. The maternity leave may begin in or after the 16<sup>th</sup> week preceding the expected date of delivery and end not later than the 20<sup>th</sup> week after the date of delivery. You can therefore distribute your leave before and after the week of delivery.

At your request, the maternity leave is suspended, divided or extended if required by your state of health or that of your child.

At least three weeks before you start your leave, or less if your state of health forces you to leave sooner, you must give written notice to your employer, stating the date on which your maternity leave will begin and the anticipated date of your return to work. The notice must be accompanied by a detailed medical certificate or a written report signed by a midwife.

At the end of your maternity leave, the employer must reinstate you in your former position and give you the same salary and benefits to which you would have been entitled had you remained at work.

## Leave for parents (birth or adoption)

You and your spouse may be absent from work for five days, the first two of which are paid, at the birth of your child, the adoption of a child or if there is a termination of pregnancy in or after the 20<sup>th</sup> week of pregnancy.

At your request, these five day of leave may be taken one day at a time, not necessarily consecutively. With your employer's consent, they may also be taken in hours.

This leave may not be taken more than 15 days after the child's arrival at home or after the termination of pregnancy, or if you already are on maternity or paternity leave.

### Paternity leave

You are entitled to take up to five consecutive weeks of unpaid paternity leave upon the birth of your child. You may not transfer your paternity leave to the mother of your child or divide it between you. Paternity leave is in addition to the five days of leave (see [Leave for parents \(birth or adoption\)](#), page 775). It may begin in or after the week of your child's birth and must end not later than 78 weeks after the birth.

At your request, the paternity leave is suspended, divided or extended if required by your state of health or that of your child. In other situations, at your request and with your employer's consent, the leave may be divided into weeks.

### Parental leave

The mother and father of a newborn as well as anyone who adopts a child (including their spouse's child) are entitled to parental leave without pay of up to 65 consecutive weeks. Parental leave is in addition to the maternity leave of up to 18 weeks or, in the case of the father, paternity leave of up to 5 weeks.

Parental leave begins in or after the week of your child's birth or, in the case of adoption, the week the child is entrusted to your care, or the week in which you leave your work to go to a place outside Québec to pick up the child. Parental leave ends no later than 78 weeks after the birth of your child or, in the case of adoption, 78 weeks after the child was entrusted to your care.

At your request, the parental leave is suspended, divided or extended if required by your state of health or that of your child. In other situations, at your request and with your employer's consent, the leave may be divided into weeks.

You must give your employer at least three weeks' notice prior to taking parental leave, indicating the date on which your leave will begin and the date on which you will return to work. Notice may be shorter in certain cases.

For more information, contact the Commission des normes, de l'équité, de la santé et de la sécurité du travail.

### Online

[cnesst.gouv.qc.ca](http://cnesst.gouv.qc.ca)

### By telephone

Throughout Québec: [1-844-838-0808](tel:1-844-838-0808)

## For a Safe Maternity Experience program

*Commission des normes, de l'équité, de la santé et de la sécurité du travail*

The purpose of the For a Safe Maternity Experience program is to enable pregnant and nursing women to continue working.

If you are pregnant and your work duties are dangerous for your unborn child or for yourself, because of your pregnancy, you are entitled to be reassigned to duties that involve no such danger and that you are capable of performing.

The employer is required to eliminate the hazards present in the workplace and described in the *Preventive withdrawal and reassignment certificate for a pregnant or breast-feeding worker* form. The employer decides which means of action are appropriate:

- Eliminate at the source the hazards
- Modify the worker's duties
- Adapt the worker's workstation
- Reassign the worker to duties that she is capable of performing

If your duties or work station cannot be modified, if you cannot be assigned to other duties or if the danger cannot be eliminated at the source, you may stop working temporarily and receive compensation from the Commission des normes, de l'équité, de la santé et de la sécurité du travail.

To avail yourself of this program, whose main objective is to allow you to continue working in a safe environment, you must ask a physician or a specialized nurse practitioner to complete the *Preventive withdrawal and reassignment certificate for a pregnant or breast-feeding worker* form.

For the certificate to be valid, your physician or the specialized nurse practitioner must consult the physician in charge of health services for the establishment where you are employed or the physician designated by the public health director of the region in which the establishment is located. There is no charge to obtain the certificate. You must give the certificate to your employer.



If you are nursing your child and wish to avail yourself of the For a Safe Maternity Experience program, you will need to obtain a new certificate, even if you were reassigned or benefited from preventive withdrawal while pregnant. In the case of nursing mothers, only conditions that could harm the child are taken into consideration.

For more information, contact the Commission des normes, de l'équité, de la santé et de la sécurité du travail.

#### Online

[cnesst.gouv.qc.ca](https://cnesst.gouv.qc.ca)

#### By telephone

Throughout Québec: [1-844-838-0808](tel:1-844-838-0808)

## Financial assistance

### Québec Parental Insurance Plan

#### *Services Québec*

The Québec Parental Insurance Plan (QPIP) pays benefits to all eligible **wage earners and self-employed workers** who take maternity, paternity, parental or adoption leave. Since this is an income replacement plan, you must have earned income from employment or a business in order to be eligible.

QPIP benefits equal up to 75% of your average weekly earnings calculated on the basis of your maximum insurable earnings, which cannot exceed the maximum insurable earnings in effect on the date when benefits begin. If your average weekly earnings (AWE) are less than the equivalent of a 40-hour work week at the general minimum wage, you may be eligible to receive increased benefits of up to 85% or 100% of your AWE, according to the plan you choose.

To find out the maximum insurable earnings currently considered in calculating benefits or to learn more about the QPIP, visit the QPIP website at [rqap.gouv.qc.ca/en](http://rqap.gouv.qc.ca/en).

### Eligibility conditions

To be eligible for the QPIP, you must:

- be a resident of Québec on the start date of the benefit period
- have paid or be required to pay premiums under the QPIP during the qualifying period, that is, the period during which your insurable earnings are considered in calculating your benefits
- have minimum insurable earnings of \$2,000 during the qualifying period

If you are a **wage earner**, you must also:

- have stopped working or seen a reduction of at least 40% in your usual weekly employment income (wages)



## Québec Parental Insurance Plan

Evolving with today's parents!

DID  
YOU  
KNOW?

To receive benefits under the Québec Parental Insurance Plan, each parent must apply for them.

You can apply online at  
**[rqap.gouv.qc.ca](http://rqap.gouv.qc.ca)**.

For assistance, call  
**1-888-610-7727**.

Votre  
gouvernement

Québec



If you are a **self-employed worker**, you must also:

- have resided in Québec on December 31 of the year preceding the beginning of the benefit period
- have ceased your business activities or reduced the time spent on them by at least 40%

If you are a **wage earner as well as a self-employed worker**, you must also:

- have resided in Québec on December 31 of the year preceding the beginning of the benefit period
- have ceased your business activities or reduced the time spent on them by at least 40% **and** have stopped working or seen a reduction of at least 40% in your usual weekly earnings

### Types of benefits

A number of types of benefits are available under the QPIP.

#### Pregnancy or delivery:

- Maternity benefits for the mother only, in connection with a pregnancy or the delivery of a child

#### Birth:

- Paternity benefits for the father only or for the female spouse of the mother who gave birth, if she is acknowledged on the act of birth
- Shareable parental benefits which can be received by either parent or shared between them, simultaneously or successively. If the parents share a sufficient number of shareable parental benefit weeks, they may be eligible for additional shareable benefit weeks
- Exclusive parental benefits for each parent for the birth of more than one child as a result of a single pregnancy
- Exclusive parental benefits for the lone parent mentioned on the act of birth

#### Adoption:

- Shareable welcome and support benefits, relative to an adoption, which can be received by either parent or shared between them, simultaneously or successively. If the parents share a sufficient number of shareable parental benefit weeks, they may be eligible for additional shareable benefit weeks

- Shareable adoption benefits which can be received by either parent or shared between them, simultaneously or successively. If the parents share a sufficient number of shareable parental benefit weeks, they may be eligible for additional shareable benefit weeks
- Exclusive adoption benefits for each parent
- Exclusive adoption benefits for the adoption of more than one child at the same time
- Exclusive adoption benefits for the adoptive parent who welcomes a child for the purpose of adoption and who will be the lone parent on the child's certificate of birth or its equivalent

For the number of weeks applicable by type of benefit, consult the website [rqap.gouv.qc.ca/en](http://rqap.gouv.qc.ca/en).

The payment of maternity benefits may begin 16 weeks preceding the expected date of delivery. It ends not later than 20 weeks after the date of delivery.

Payment of paternity, parental, welcome, support or adoption benefits may begin the week of delivery or of the arrival of the child into the care of one of the parents for the purpose of the adoption. It ends not later than 78 weeks after the date of delivery or the arrival of the child into the care of one of the parents for the purpose of the adoption.

In the case of an adoption outside Québec, the benefit period may begin 5 weeks before the week of the child's arrival into the care of one of the parents for the purpose of the adoption.

#### **You have to choose between two plans:**

- the basic plan, which pays lower benefits over a longer period of leave
- the special plan, which pays higher benefits over a shorter period

The plan is determined by the parent whose application for benefits is received first. For more information on the terms and conditions applicable to the choice of plan or to learn more about the QPIP, visit the QPIP website at [rqap.gouv.qc.ca/en](http://rqap.gouv.qc.ca/en).

**How to apply**

You have the option of completing an application for benefits on the QPIP website at [rqap.gouv.qc.ca/en](http://rqap.gouv.qc.ca/en), or with the help of a QPIP customer service agent by calling 1-888-610-7727.

For more information, visit the QPIP website or call the customer service number.

**Special pregnancy benefit**

*Ministère du Travail, de l'Emploi et de la Solidarité sociale*

If you are pregnant and receive benefits under the Social Assistance Program or Social Solidarity Program or Aim for Employment Program, you are eligible for a special pregnancy benefit of \$55 per month in addition to your monthly financial assistance.

This special benefit, which is paid each month until you give birth, is designed to help you buy healthy food during your pregnancy.

To receive the special pregnancy benefit, you must, as soon as possible, provide to a Services Québec office with a written attestation signed by a physician, a midwife, or a specialized nurse practitioner, certifying that you are pregnant and indicating

- the recipient's name and date of birth
- the number of weeks of pregnancy
- the expected date of delivery

You are also eligible for this special benefit if you have a dependent child who is pregnant and you receive benefits under the Social Assistance or Social Solidarity programs or Aim for Employment Program.

## Tax credit for the treatment of infertility

Revenu Québec

You may be able to claim the refundable tax credit for the treatment of infertility if you incurred expenses for *in vitro* fertilization treatments. Certain conditions apply. This tax credit is equal to a percentage of eligible expenses paid by you or your spouse during the year. The percentage varies according to family income. Eligible expenses are limited to \$20,000.

To claim this tax credit, you must enclose the duly completed *Tax Credit for the Treatment of Infertility* form (TP-1029.8.66.2-V) with your Québec income tax return.



A refundable tax credit is an amount that may be granted to you even if you have no income tax payable. As a rule, the amount of the tax credit is determined on the basis of your annual income tax return.

You may also receive advance payment of the tax credit for treatment of infertility if you meet certain conditions.

To apply for advance payment of your tax credit, you must send the duly completed *Tax Credit for the Treatment of Infertility: Application for an Advance Payment* form (TP-1029.8.66.2A-V) to Revenu Québec, along with the required documents.

For more information, contact Revenu Québec.

### Online

[revenuquebec.ca](https://revenuquebec.ca)

### By telephone

Québec area: [418-659-6299](tel:418-659-6299)

Montréal area: [514-864-6299](tel:514-864-6299)

Elsewhere in Québec: [1-800-267-6299](tel:1-800-267-6299)

### TTY (Teletypewriter)

Montréal area: [514-873-4455](tel:514-873-4455)

Elsewhere in Québec: [1-800-361-3795](tel:1-800-361-3795)

## Student financial assistance

*Ministère de l'Enseignement supérieur*

Under the Loans and Bursaries Program, various measures have been put in place to help balance studies and family obligations. For example, as soon as a mother is 20 weeks pregnant, living expenses for a child are recognized when assessing the amount that could be awarded to her.

If you are a part-time student and have parental responsibilities, you could be eligible for the Loans and Bursaries Program, usually reserved for full-time students.

If you interrupt your studies because of a pregnancy or following a birth or an adoption, you may be temporarily exempted from repaying your student loans.

To find out more on the subject, you can contact Aide financière aux études or consult its website.

### Online

[quebec.ca/en/education/student-financial-assistance](http://quebec.ca/en/education/student-financial-assistance)

### By telephone

Québec area: [418-643-3750](tel:418-643-3750)

Montréal area: [514-864-3557](tel:514-864-3557)

Elsewhere in Québec: [1-877-643-3750](tel:1-877-643-3750)

# Childcare services in Québec

Ministère de la Famille

In Québec, there are different types of early childhood education and care service and applicable standards vary depending on the type of service chosen by the parents.

## Recognized childcare services

Certain childcare services are recognized under the *Educational Childcare Act* (hereinafter called the *Act*). They must:

- hold a permit issued by the Ministère or be recognized by the home childcare coordinating office
- comply with the *Act* and its regulations
- apply an early childhood educational program fostering the overall development of young children

Permit holders are inspected by Ministère staff members. In the case of home childcare providers, they receive monitoring visits by home childcare coordinating office staff members.

## Non recognized childcare services

There is a type of childcare contemplated (and therefore regulated) by the *Act*, but it is not recognized. It is childcare provided by a natural person, who must respect eight conditions including the conditions to provide services in a private residence and to care for a maximum of six children. To the extent that the person respects the eight conditions, the person:

- is not required to hold a permit issued by the Ministère or to be recognized by a home childcare coordinating office
- is not required to apply an educational program
- is not subject to inspections by the Ministère, except in the case of a complaint concerning compliance with the requirements with which the person must comply, and is not subject to monitoring visits by a home child care coordinating office



The following table presents the characteristics of childcare and day care service facilities. On page 788, you will find a table presenting the characteristics of home childcare service providers.

Childcare centre (permit holder)	Reduced- contribution spaces	Service recognized under the Act	Cost Calculation tools proposed at <a href="http://budget.finances.gouv.qc.ca/budget/outils/garde_en.asp">budget.finances.gouv.qc.ca/budget/outils/garde_en.asp</a>
Childcare centre (a non-profit organization or a cooperative)	Yes	Yes	<ul style="list-style-type: none"> <li>Basic contribution per day, determined by regulation, payable to the childcare centre</li> </ul>
Subsidized day care centre (a natural or legal person, usually non-profit)	Yes	Yes	
Non-subsidized day care centre (a natural or legal person, usually non-profit)	No	Yes	<ul style="list-style-type: none"> <li>Contribution determined by the childcare centre</li> <li>Costs eligible for the tax credit for childcare expenses (see page 803)</li> <li>Possibility of obtaining advance payments of the tax credit on a monthly basis (see page 803)</li> </ul>

	Main characteristics	Number of children	Parent participation
	<ul style="list-style-type: none"> <li>• Premises set up specifically for the childcare service</li> <li>• Children usually divided into groups based on age</li> <li>• Presence of a number of educators</li> </ul>	<ul style="list-style-type: none"> <li>• 80 children maximum</li> <li>• Educator to number of children ratios depending on the children's age must be respected</li> </ul>	<ul style="list-style-type: none"> <li>• Board of directors composed of a majority of parents (Childcare centres)</li> </ul>
			<ul style="list-style-type: none"> <li>• Parent advisory committee (Subsidized and non-subsidized day care centres)</li> </ul>

Home childcare providers		Reduced-contribution spaces	Service recognized under the Act	Cost Calculation tools proposed at <a href="http://budget.finances.gouv.qc.ca/budget/outils/garde_en.asp">budget.finances.gouv.qc.ca/budget/outils/garde_en.asp</a>
Recognized by a home childcare coordinating office	Home childcare provider (subsidized)	Yes	Yes	<ul style="list-style-type: none"> <li>Basic contribution per day, determined by regulation, payable to the childcare centre</li> </ul>
	Home childcare provider (non-subsidized)	No	Yes	<ul style="list-style-type: none"> <li>Contribution determined by the childcare centre</li> <li>Costs eligible for the tax credit for childcare expenses (see page 803)</li> <li>Possibility of obtaining advance payments of the tax credit on a monthly basis (see page 803)</li> </ul>
Not recognized by a home childcare coordinating office	Provider of childcare in a private residence that meets certain requirements	No	No	

	Main characteristics	Number of children	Parent participation
	<ul style="list-style-type: none"> <li>• Self-employed worker</li> <li>• Private residence</li> <li>• Children in multiage groups</li> <li>• Presence of the person in charge and, sometimes, an assistant</li> </ul>	<ul style="list-style-type: none"> <li>• A person in charge non-assisted by another adult: 6 children maximum, of which 2 may be infants (below 18 months of age)</li> <li>• Person in charge assisted by another adult: 9 children maximum, of which 4 may be infants</li> </ul>	<ul style="list-style-type: none"> <li>• Board of directors of the coordinating office, on which parents can sit</li> </ul>
	<ul style="list-style-type: none"> <li>• Self-employed worker</li> <li>• Children in multiage groups</li> </ul>	<ul style="list-style-type: none"> <li>• 6 children maximum of which 2 may be infants (under 18 months of age)</li> </ul>	<ul style="list-style-type: none"> <li>• No participation required</li> </ul>

## Unregulated childcare services (not contemplated by the Act)

Certain organizations that offer childcare activities are completely excluded from the Act and are not subject to **any standard** established by the Act. Those organizations include, amongst others:

- day camps
- public or community organizations that provide temporary childcare services as a complement or addition to their main activities, in the context of their overall mandate or during a specific activity with parents or children

## Illegal childcare services

Unless a person has an unregulated organization or provides unrecognized regulated childcare services, it is illegal to provide childcare services in exchange a contribution from a parent, without having obtained recognition from a home childcare coordinating office or a permit issued by the Ministère.

Parents who have doubts regarding the legality of a childcare service are invited to contact the information service of the Ministère.

### Online

[mfa.gouv.qc.ca](http://mfa.gouv.qc.ca)

### By telephone

Throughout Québec: [1-855-336-8568](tel:1-855-336-8568)

## Educational program

Recognized early childhood education and care services have an obligation to apply an educational program. This program must promote the development of young children on all levels (physical, motor, emotional, social, moral, language, and cognitive). Among other things, it must also promote educational success and help children learn healthy lifestyle habits and adapt to communal life.

The Ministère publishes the *Accueillir la petite enfance* program to serve as an inspiration to childcare service providers in designing their educational programs.

In order to take into account the particularity of early child development, educators and persons in charge of recognized home childcare services are invited to respect each child's learning speed, show appreciation for their playing style, help them as they explore their interests, and work in partnership with their parents.

In so doing, childcare services prepare children for a good start in their schooling by enhancing their pleasure and capacity to learn.

## Finding a childcare service

Parents looking for a place in a recognized childcare centre (childcare centre, daycare or home childcare) must register with La Place 0-5, the single-window access to recognized childcare services in Québec.

### Online

[laplace0-5.com](http://laplace0-5.com)

[mfa.gouv.qc.ca](http://mfa.gouv.qc.ca)

### By telephone

Montréal area: [514-270-5055](tel:514-270-5055)

Elsewhere in Québec: [1-844-270-5055](tel:1-844-270-5055)

## At birth

# Financial assistance

## Family Allowance

*Retraite Québec*

The Family Allowance is a form of financial assistance that comprises, in addition to the Family Allowance *per se*, the supplement for the purchase of school supplies for children age 4 to 16, the supplement for handicapped children and the supplement for handicapped children requiring exceptional care.

## Family Allowance payment

If your child was born in Québec, you do not need to file an application in order to receive the Family Allowance. Your newborn will be registered automatically when you declare the birth to the Directeur de l'état civil. Retraite Québec will contact you in the weeks following your child's birth.

However, if your child was adopted or was born outside Québec even though you live in Québec, you must file an application with Retraite Québec in order to receive the Family Allowance payment. To file your application for Family Allowance, access My file. It is easy, quick and secure. You can choose your preferences for receiving communications and documents in digital mode only or in a personalized manner. You can also enter your email address or cellphone number to receive notifications when changes are made to your file, for instance, when a document is filed or when you receive follow-up on an application.

You can also use the Application for Family Allowance online service on the Retraite Québec website. Finally, if one parent does not have a SIN, you must download the Application for Family Allowance form, complete it and send it to Retraite Québec using the Sending a document online service.

### How the amount of the payment is calculated?

Every year, Retraite Québec calculates the amount of the the Family Allowance to which you are entitled on the basis of four criteria:

- the number of dependent children under 18 years of age who live with you in Québec
- the number of children in shared custody
- your family income, i.e. the total of your and your spouse's net incomes, as the case may be
- your conjugal status (with or without a spouse)

To enable Retraite Québec to calculate the amount to which you are entitled, you and your spouse must each file a Québec income tax return every year, even if one of you have no income to declare.

Following any change in your family situation (changes related to child custody) or your conjugal status (with or without a spouse), you or your spouse must quickly contact Retraite Québec. The amount of your Family Allowance will have to be recalculated on the basis of the changes related to custody arrangements or your conjugal status.

### Supplement for handicapped children

Additional financial assistance may be paid to parents with a child under 18 years of age who has an impairment or a mental function disability that substantially limits the child in carrying out his or her life habits during a foreseeable period of at least one year. Life habits encompass the activities that a child must carry out, depending on his or her age, with respect to personal care and social life.

To be eligible for such financial assistance, you must already be receiving the Family Allowance for that child.



### Supplement for handicapped children requiring exceptional care

The supplement for handicapped children requiring exceptional care may be paid to parents with a child under 18 years of age who has physical impairments or a mental function disability causing severe and multiple disabilities that prevent the child from carrying out his or her life habits, **or** whose health condition requires complex medical care at home administered by the mother or father after receiving training in a specialized centre. The disabilities or care must be expected to last for at least one year. Depending on the severity of the condition and his or her age, the child can be eligible for Tier 1 – granting a higher amount – or Tier 2 of the supplement.

To be eligible for such financial assistance, you must already be receiving the Family Allowance and the supplement for handicapped children for that child.

For more information on the Family Allowance and the supplements, visit the “Children” section of the Retraite Québec website.

#### Online

[retraitequebec.gouv.qc.ca](http://retraitequebec.gouv.qc.ca)

#### By telephone

Québec area: [418-643-3381](tel:418-643-3381)

Montréal area: [514-864-3873](tel:514-864-3873)

Elsewhere in Québec: [1-800-667-9625](tel:1-800-667-9625)

## Special benefits: Nursing and purchase of infant formula

*Ministère du Travail, de l'Emploi et de la Solidarité sociale*

### Special nursing benefit

If you receive benefits under the Social Assistance Program or Social Solidarity Program or Aim for Employment Program, and wish to breast-feed your baby, you are eligible for a special nursing benefit.

This special benefit of \$55 per month for each dependent nursing child under 12 months of age is in addition to your monthly financial assistance. To apply for this benefit, you must, upon the birth of your child, provide a Services Québec office with the attestation of birth and a verbal or written declaration specifying the nursing period.

If you stop nursing your child, you must inform a Services Québec office or the Centre de communication avec la clientèle of the Ministère du Travail, de l'Emploi et de la Solidarité sociale.

### Special benefit for the purchase of infant formula

If you receive benefits under the Social Assistance or Social Solidarity programs or Aim for Employment Program, you can buy infant formula for less than the regular price.

If you have a dependent child **under 9 months of age**, you may purchase regular, soy-based or lactose-free liquid concentrate infant formula at a lower cost.

If your child is **over 9 months and under 12 months of age** and suffers from intolerance to cow's milk or other specific disorders, you can receive the special benefit to purchase soy-based or lactose-free infant formulas. You must provide a medical certificate or attestation specifying the need.

The infant formula must be purchased at a pharmacy.

To apply for the special benefit for the purchase of infant formula, you must, upon the birth of your child, provide a Services Québec office with the attestation of birth and a declaration confirming the choice of feeding the child with liquid concentrate infant formula. You will be given an authorization number that will give you access to the necessary support for the purchase of infant formula.

You will find the contact information for Services Québec offices and for the Centre de communication avec la clientèle of the Ministère du Travail, de l'Emploi et de la Solidarité sociale in the Contact Us section of the [Québec.ca](https://quebec.ca) website.

## Registering and choosing a name for your child

### Entering your child's birth in the Québec register of civil status

*Directeur de l'état civil*

Within 30 days following the birth of your child, it must be declared to the Directeur de l'état civil. A declaration of birth transmitted after that deadline entails payment of the applicable fees.

The declaration is used to establish your child's **act of birth**, an important document. In addition to establishing your child's identity by the last name and given names, the act of birth also establishes his or her filiation (parentage) and is a recognized proof of citizenship.

Without the act of birth, you will not be able to obtain a health insurance card, a social insurance number, or a passport, for example. The act of birth is also a proof of eligibility for government programs and social benefits.

## Attestation of birth

The *Constat de naissance* (attestation of birth) form is signed by the physician or midwife who assisted the mother during delivery. It contains the date, time, and place of birth, as well as the sex of the child and the mother's name and address. The staff at the health institution or birth centre will provide you as parents of the child with a copy of the attestation and send the original to the Directeur de l'état civil.

## Declaration of birth

The information collected on the declaration is used to enter the child's birth in the Québec register of civil status and to establish the child's identity and filiation on a legal basis. It is important to make sure that the information contained in the attestation of birth has been entered on the declaration of birth, and you must add, among other things, the last name and given names of your child, the type of union you are in, and your addresses.

If you are not married or in a civil union at the time of the birth (in a common law union, for example), both of you must fill out and sign the declaration of birth. If you are married or in a civil union, either of you may complete and sign the declaration of birth.

However, in order to establish the filiation of the other parent with the child, the parent who declares the birth must enter all of the information concerning the child's other parent. Once the declaration of birth is signed and dated by the Directeur de l'état civil, it becomes the child's official act of birth.

You have two options for declaring the birth of your child:

- using the online Electronic Declaration of Birth
- completing the paper *Declaration of Birth* form

Using the electronic declaration of birth offers a number of advantages. It is easier to fill out, reduces the risk of making a mistake or losing the document, helps accelerate the processing of your application, and offers the possibility to order a certificate or a copy of the act of birth at a reduced rate. To find out more about this service, visit the Directeur de l'état civil website at [dec.gouv.qc.ca/DeclarationNaissance](http://dec.gouv.qc.ca/DeclarationNaissance).

If you choose to use the paper declaration of birth, it will be provided by the staff at the health institution or birth centre. It is preferable to return the completed and signed declaration to the staff at the health institution or birth centre before you leave.

### **Make your life easier!**

Don't forget to fill out the *Application for Simplified Access to Birth-related Government Programs and Services*, which facilitates access to the government programs and services that are available to you as a new parent. This form is enclosed with the paper *Declaration of Birth* form and is included in the online service.

This form will enable the Directeur de l'état civil to communicate information relating to the birth of your child to the following organizations. Therefore, you will not have to provide the certificate of birth as proof of birth:

- Régie de l'assurance maladie du Québec
- Ministère de l'Éducation (for the assignment of a permanent code)
- Retraite Québec (for the Family Allowance measure)
- Ministère du Travail, de l'Emploi et de la Solidarité sociale (for the Québec Parental Insurance Plan)
- Direction des affaires autochtones of the Ministère de la Santé et des Services sociaux
- Canada Revenue Agency
- Service Canada
- Indigenous Services Canada

## Confirmation of registration

The Directeur de l'état civil will send you a letter confirming that the birth of your child has been entered in the Québec register of civil status. You must verify that the information about your child and the birth is the same as that on the declaration of birth. Promptly inform the Directeur de l'état civil of any error.

## Obtaining a certificate of birth

You can obtain a certificate or a copy of the act of birth in your child's name from the Directeur de l'état civil in one of the following ways:

- by using the Electronic Declaration of Birth online service when declaring the birth of your child
- by using the DE*Clic!* online service
- by filling out the *Application for a Certificate or Copy of an Act of Birth*, available on the Directeur de l'état civil website, its Québec and Montréal offices, and all Services Québec offices that offer Directeur de l'état civil services

If you use the Directeur de l'état civil online services, you will obtain your documents at a reduced rate while avoiding mail delivery delays.

## Choosing a given name and a last name

*Directeur de l'état civil*

You can choose to give your child one or several given names and a single or compound last name.

It is recommended to limit the number of given names to four. Make sure to **enter your child's usual given name** (the one used on a daily basis) in the proper box on the declaration of birth. It is preferable to join the two parts of a compound name by a hyphen. Your child's last name may be single or compound derived from no more than two parts that come from the parents' last names.

For more information on entering your child's birth in the Québec register of civil status or on choosing a last name and a given name, contact the Directeur de l'état civil.

**Online**

[etacivil.gouv.qc.ca](http://etacivil.gouv.qc.ca)

**By telephone**

Québec area: [418-644-4545](tel:418-644-4545)

Montréal area: [514-644-4545](tel:514-644-4545)

Elsewhere in Québec: [1-877-644-4545](tel:1-877-644-4545)

**TTY (Teletypewriter)**

[1-800-361-9596](tel:1-800-361-9596)

**In Québec**

2535, boulevard Laurier  
Québec (Québec) G1V 5C5

**In Montréal**

2050, rue De Bleury  
Montréal (Québec) H3A 2J5  
(Place-des-Arts metro station)

## Health insurance card and registration for prescription drug insurance

*Régie de l'assurance maladie du Québec*

### Getting a health insurance card

When the declaration of birth is forwarded to the Directeur de l'état civil, the latter provides the relevant information to the Régie de l'assurance maladie du Québec.

If both parents are eligible for the Québec Health Insurance Plan when the child is born, you do not have to take any steps with the Régie to obtain a health insurance card for your child. After making sure that your child meets the eligibility requirements of the Québec Health Insurance Plan, the Régie will send you your child's first health insurance card within 10 working days following receipt of a completed application.

Children under 1 year of age who have not yet received their health insurance card are still entitled to receive healthcare services covered by the plan. However, the physician will probably ask for a health insurance card from one of the parents.

If neither parent is eligible for the Québec Health Insurance Plan when the child is born, the Régie will contact you in writing in order to request the documents needed to register your child. That correspondence will include a certificate of temporary registration, which is the equivalent of a health insurance card and valid for period of 45 days. The certificate of temporary registration will permit you to obtain health services for your child free-of-charge until the registration process is completed.

### **Child adopted or born outside Québec**

To register a child adopted or born outside Québec for the Health Insurance Plan, contact the Régie.

### **Registering for the prescription drug insurance plan**

Once it has been determined that your child meets the eligibility requirements of the Health Insurance Plan, you must ensure that the child is covered by a prescription drug insurance plan. If you live in Québec on a permanent basis and either you or the other parent is eligible for a private group insurance plan that covers prescription drugs, you are obligated to extend that coverage to your child. Please contact your insurer to ensure coverage.

However, if you and the other parent are registered with the Public Prescription Drug Insurance Plan administered by the Régie, your child will be registered automatically under the plan.

With a few exceptions, if you are staying in Québec temporarily, you are not entitled to coverage under the public prescription drug insurance plan; however, your child is. Your child will therefore be registered automatically for the plan administered by the Régie. If you are covered for prescription drugs under a private group insurance plan and choose to extend that coverage to your child, you must contact the Régie in order to withdraw him or her from the public plan.

For more information, contact the Régie.

### **Online**

[ramq.gouv.qc.ca](http://ramq.gouv.qc.ca)

### **By telephone**

Québec area: [418-646-4636](tel:418-646-4636)

Montréal area: [514-864-3411](tel:514-864-3411)

Elsewhere in Québec: [1-800-561-9749](tel:1-800-561-9749)



## After birth

# Financial assistance

### Financial assistance for multiple births: triplets or more

*Ministère de la Santé et des Services sociaux*

If you give birth to triplets or more babies, your family will receive financial assistance to help you cope with the sudden, substantial increase in expenses.

The financial assistance for multiple births is granted for living children and only if at least three children are alive upon their discharge from the hospital and paid in a single payment. The amount granted is \$6,000 for triplets. A supplement of \$2,000 is paid for each additional child in a multiple birth. The cheque is issued in the mother's name.

In the event of the mother's death or incapacity, the assistance is paid to the father or to the person who has custody of the children. The amount awarded is not taxable. It may however be reduced if the recipient has contracted a debt with the Gouvernement du Québec.

There is nothing you have to do to receive this financial assistance. After verifying that the mother is a resident of Québec and a valid Québec health insurance number, the hospital where the children were born sends the required information to the Ministère de la Santé et des Services sociaux using the form provided for that purpose. This is done when you take the babies home.

You will receive the financial assistance approximately two months later. In the event of a delay, check with the hospital to ensure that the information was duly sent to the Ministère.

For more information, contact Services Québec.

**Online**  
[Quebec.ca](http://Quebec.ca)

**By telephone**  
Québec area: [418-644-4545](tel:418-644-4545)  
Montréal area: [514-644-4545](tel:514-644-4545)  
Elsewhere in Québec: [1-877-644-4545](tel:1-877-644-4545)

**TTY (Teletypewriter)**  
[1-800-361-9596](tel:1-800-361-9596)

## Tax credit for childcare expenses

*Revenu Québec*

A portion of your childcare expenses may be reimbursed through the tax credit for childcare expenses. Certain conditions apply. Some childcare expenses do not qualify for the tax credit, such as the reduced contribution paid for childcare services provided by a childcare provider or a school.

To claim this tax credit, you must file Schedule C, *Tax Credit for Childcare Expenses*, and the required documents with your income tax return.

If you meet certain requirements, you may receive advance payments of the refundable tax credit for childcare expenses. The advance payments are made on a monthly basis, by direct deposit, no later than the 15<sup>th</sup> of each month.

To receive advance payments of the tax credit, send to Revenu Québec the duly completed *Tax Credit for Childcare Expenses – Application for Advance Payments* form (TPZ-1029.8.F-V) or file an application using the online services on the Revenu Québec website.

For more information on the tax credit for childcare expenses, contact Revenu Québec.

**Online**  
[revenuquebec.ca](http://revenuquebec.ca)

**By telephone**  
Québec area: [418-266-1016](tel:418-266-1016)  
Montréal area: [514-940-1481](tel:514-940-1481)  
Elsewhere in Québec: [1-855-291-6467](tel:1-855-291-6467)

## Filiation, rights and obligations of parents

### Filiation

*Ministère de la Justice*

Filiation is the relationship that exists between children and their parents, whether the parents are of the same or the opposite sex. The relationship can be established by blood or assisted reproduction or by an adoption judgment. Once filiation has been established, it creates rights and obligations for both the child and the parents, regardless of the circumstances of the child's birth.

Parents usually establish filiation when their child is born by completing and signing the paper *Declaration of Birth* form for the Directeur de l'état civil. Their names and that of their newborn must be entered on the declaration. It is important to complete the declaration carefully, providing all the information requested.

All births that take place in Québec must be declared to the Directeur de l'état civil within 30 days following the birth in order to be entered in the Québec register of civil status.

If you are married or in a civil union, only one parent needs to complete and sign the declaration in order to establish filiation of both parents to the child. The date of your marriage or civil union must be indicated.

If you are not married or in a civil union, both parents must sign the declaration in order to establish your respective filiation with the child.

For more information, see [Entering your child's birth in the Québec register of civil status](#), page 796.

## Rights and obligations of parents

Ministère de la Justice

Regardless of whether you are married, in a civil or de facto union or are separated, you have the rights and duties related to the custody, supervision, education, health and safety of your children. You are also responsible for the maintenance of your children.

In addition, you are the legal tutors to your minor children (under 18 years of age) and, as such, you must represent them in the exercise of their civil rights and administer their patrimony, including property.

For more information on your rights and obligations as parents, contact the Ministère de la Justice.

### Online

[justice.gouv.qc.ca](http://justice.gouv.qc.ca)

### By telephone

Québec area: [418-643-5140](tel:418-643-5140)

Elsewhere in Québec: [1-866-536-5140](tel:1-866-536-5140)

## Appointing a tutor for a minor child

Curateur public du Québec

If one of the parents dies or is incapable of exercising tutorship, the other parent becomes the child's sole legal tutor. If both parents die or are declared incapable, the child must be entrusted to a dative tutor who will manage the minor's property, in particular.

It is therefore recommended that you appoint a dative tutor for any minor children in advance, by means of a will, a protection mandate or a declaration of dative tutorship. The *Declaration of Dative Tutorship* form can be downloaded from the website of the Curateur public du Québec.

If the father or mother of a minor child is unable to fully carry out his or her responsibilities as legal tutor, he or she may designate a tutor to whom to delegate or assign their responsibilities. This person, known as a suppletive tutor, must be a member of the child's extended family.

## Minor children with a patrimony

*Curateur public du Québec*

If you have children under the age of 18 who have property and assets, you are responsible, as the children's legal tutors, for the administration of this patrimony. You have an obligation to preserve the value of the patrimony (inheritance, life insurance, indemnities, annuities or any other tangible asset) so that it can be transferred to the children when they come of full age.

If you are the parent or suppletive tutor of a child whose property exceeds \$25,000, you must inform the Curateur public du Québec. When the law to better protect vulnerable persons will come into effect, the amount will be increased to \$40,000. You will find more information on the Curateur public du Québec website. If both parents are deceased or incapable and you are a dative tutor, you must submit an administration report to the Curateur public, regardless of the value of the child's patrimony (property and assets).

For details regarding the administration of a child's patrimony, contact the Curateur public du Québec.

### Online

[curateur.gouv.qc.ca](http://curateur.gouv.qc.ca)

### By telephone

Montréal area: [514-873-4074](tel:514-873-4074)

Elsewhere in Québec: [1-844-LECURATEUR \(1-844-532-8728\)](tel:1-844-LECURATEUR)

# Mon arbre à moi campaign

Ministère des Forêts, de la Faune et des Parcs

As part of the *Mon arbre à moi* campaign, every child born or adopted during the year receives a tree seedling that will grow along with the child. Each seedling comes with a growth chart and a souvenir card.

To receive a seedling, register your child through the Ministère des Forêts, de la Faune et des Parcs website. You must register no later than April 15 of the current year. For any subsequent registration, the seedling will be given the following year.

Seedlings are distributed in the various regions of Québec every year in May (*Mois de l'arbre et des forêts*). A few days before the event, parents are informed of the procedure to follow to receive the seedling.

For more information on the campaign, contact the Ministère des Forêts, de la Faune et des Parcs.

## Online

[mffp.gouv.qc.ca/les-forets/mois-de-larbre-forets/mon-arbre-a-moi](http://mffp.gouv.qc.ca/les-forets/mois-de-larbre-forets/mon-arbre-a-moi)

## By email

[MAF@mffp.gouv.qc.ca](mailto:MAF@mffp.gouv.qc.ca)

## By telephone

1-844-LAFORET (1-844-523-6738)

## Adoption

The steps involved in adopting a child differ according to whether you are adopting in or outside Québec. Special rules apply depending on the type of adoption involved. The contact information for the agencies concerned are provided so that you can get more information.

Generally speaking, there are four types of adoption available in Québec:

- **Regular adoption:** adoption of a child whose biological parents voluntarily gave their consent to the director of youth protection to put their child up for adoption
- **Adoption through the Banque mixte (foster-to-adopt) program:** adoption of a child who is at risk of being abandoned because the biological parents are grappling with personal problems that prevent them from assuming responsibility for the child's care, maintenance and education. The child is first placed in a foster home with a view to adoption, whence the name Banque mixte (foster-to-adopt)

- **Adoption by special consent:** adoption whereby a parent or the parents of an underage child provide specific consent as to the person or couple entitled to adopt their child. Under article 555 of the *Civil Code of Québec*, this must be a member or members of the family, such as the parent's spouse, or the child's grandparent, uncle, aunt, brother or sister
- **International adoption:** adoption of a child domiciled outside Québec

For more information on **regular adoption** and adoption under the **Banque mixte program**, contact Integrated Health and Social Services Centre (CISSS) or Integrated University Health and Social Services Centre (CIUSSS) in your area.

You can find the addresses and telephone numbers of your local CISSS and CIUSSS at: [quebec.ca/en/health/health-system-and-services/service-organization/ci-css-and-ciuss-s/](http://quebec.ca/en/health/health-system-and-services/service-organization/ci-css-and-ciuss-s/).

For more information on adoption by a family member or spouse, contact the Ministère de la Justice.

**Online**

[justice.gouv.qc.ca](http://justice.gouv.qc.ca)

**By telephone**

Québec area: [418-643-5140](tel:418-643-5140)

Elsewhere in Québec: [1-866-536-5140](tel:1-866-536-5140)

For information on the international adoption procedure, contact the Secrétariat à l'adoption internationale.

**Online**

[adoption.gouv.qc.ca](http://adoption.gouv.qc.ca)

**By email**

[adoption.quebec@msss.gouv.qc.ca](mailto:adoption.quebec@msss.gouv.qc.ca)

**By telephone**

Montréal area: [514-873-5226](tel:514-873-5226)

Elsewhere in Québec: [1-800-561-0246](tel:1-800-561-0246)

## Tax credit for adoption expenses

*Revenu Québec*

If you incurred expenses to adopt a child, you may be able to claim the refundable tax credit for adoption expenses. Certain conditions apply. If you adopt more than one child, you may claim the tax credit for each child.

The tax credit is equal to 50% of eligible adoption expenses. The maximum credit is \$10,000 per child.

To claim the tax credit, you must enclose the duly completed *Tax Credit for Adoption Expenses* form (TP-1029.8.63-V) with your Québec income tax return. Keep your supporting documents so that you can provide them if needed.



For more information, contact Revenu Québec.

**Online**

[revenuquebec.ca](http://revenuquebec.ca)

**By telephone**

Québec area: [418-659-6299](tel:418-659-6299)

Montréal area: [514-864-6299](tel:514-864-6299)

Elsewhere in Québec: [1-800-267-6299](tel:1-800-267-6299)

**TTY (Teletypewriter)**

Montréal area: [514-873-4455](tel:514-873-4455)

Elsewhere in Québec: [1-800-361-3795](tel:1-800-361-3795)

## Government of Canada programs and services

If you have had a baby or adopted a child, you must also take steps with federal government departments and agencies.

For example, you will have to provide the Canada Revenue Agency with information in order to receive benefits. You may also be entitled to claim a deduction for childcare expenses in your income tax return.

And if you wish to get a passport for your child, you will have to submit an application to Immigration, Refugees and Citizenship Canada.

For all information regarding federal government programs and services, as well as the contact information for the departments and agencies concerned, contact Service Canada.

**Online**

[Canada.ca](http://Canada.ca)

**By telephone**

Throughout Québec: [1-800-622-6232](tel:1-800-622-6232)

**TTY (Teletypewriter)**

[1-800-926-9105](tel:1-800-926-9105)

**In person**

At a Service Canada office near you.

## Services Québec

For information on Gouvernement du Québec programs and services, visit Services Québec at [Québec.ca/services-quebec](https://quebec.ca/services-quebec), or call 418-644-4545 (Québec area), 514-644-4545 (Montréal area) or 1-877-644-4545 (elsewhere in Québec).

### Note

The content of the *Becoming a Parent: Government programs and services* chapter was up to date as of October 4, 2021. Changes affecting the names of ministries and the programs and services mentioned may have occurred since then.

The information provided in the *Becoming a Parent: Government programs and services* chapter has no legal force.

Québec.ca

## While expecting baby ...

Consult the guide entitled *Becoming a parent* at [Québec.ca/en/parent](https://quebec.ca/en/parent).



It contains more information on the government programs and services offered to expecting ... and new parents!

Votre  
gouvernement

Québec 

## Resources for parents

Telephone help line resources ..... 813

Associations, agencies and support groups ..... 814



Solange Lambert

# Telephone help line resources

## **211 : Ressources sociales et communautaires**

2-1-1

[211qc.ca/en/](http://211qc.ca/en/)

*Multilingual information and referral service for social and community resources throughout Québec.*

## **Québec Poison Control Centre**

1-800-463-5060

[ciusss-capitalenationale.gouv.qc.ca/services/urgence/capq](http://ciusss-capitalenationale.gouv.qc.ca/services/urgence/capq)

*Information on what to do in the event of poisoning, downloadable brochures (website in French only).*

## **Info-Santé / Info-Social**

Available throughout Québec, except in certain remote regions.

8-1-1

[sante.gouv.qc.ca/en/systeme-sante-en-bref/info-sante-8-1-1](http://sante.gouv.qc.ca/en/systeme-sante-en-bref/info-sante-8-1-1)

*A health professional provides health and psychosocial advice 24 hours a day, seven days a week.*

## **LigneParents**

1-800-361-5085

[ligneparents.com](http://ligneparents.com)

*Bilingual telephone support for parents of children up to the age of 20 years, 24 hours a day, seven days a week (in French only).*

## **Première ressource, aide aux parents**

514-525-2573 / 1-866-329-4223

[premiereressource.com](http://premiereressource.com)

*Parents can consult professionals through this bilingual telephone service, available September to June.*

## **S.O.S Grossesse**

418-682-6222 / 1-877-662-9666

[sosgrossesse.ca](http://sosgrossesse.ca)

*Telephone help line, referral and information for any questions about pregnancy, contraception and sexuality (in French only).*

## **SOS Violence conjugale**

514-873-9010 / 1-800-363-9010 / 438-601-1211 (text)

[sosviolenceconjugale.ca/en](http://sosviolenceconjugale.ca/en)

*Bilingual telephone service accessible 24 hours a day, seven days a week.*

## Associations, agencies and support groups

### **Allergies Québec**

514-990-2575 / 1-800-990-2575

[allergiesquebec.ca](http://allergiesquebec.ca)

*Information, support, education and training on food allergies. Website section dedicated to newborns (website in French only).*

### **Association de parents de jumeaux et de triplés de la région de Montréal (APJTM)**

514-990-6165

[apjtm.com](http://apjtm.com)

*The Association helps families in Montréal who have experienced a multiple birth (in French only).*

### **Association de parents pour l'adoption québécoise**

514-990-9144 / 1-844-990-9144

[apaq.adoption-quebec.ca](http://apaq.adoption-quebec.ca)

*Promotes the adoption of children born in Québec. Support, seminars and family activities (website in French only).*

### **Association québécoise des consultants en lactation diplômées de l'IBLCE**

514-990-0262

[ibclc.qc.ca/en](http://ibclc.qc.ca/en)

*To obtain the list of breastfeeding consultants (only available on the website).*

### **Banques alimentaires du Québec**

[banquesalimentaires.org/en/](http://banquesalimentaires.org/en/)

*Directory of food banks across Québec.*

### **Best Start**

[en.beststart.org](http://en.beststart.org)

*Maternal, newborn and early child development resource centre.*

**CAA Québec – Child car seats**

[caaquebec.com/en/on-the-road/services/child-car-seat/](http://caaquebec.com/en/on-the-road/services/child-car-seat/)

*Web site that offers advice on the safe installation of child car seats.*

**Canadian Child Care Federation**

613-729-5289 / 1-800-858-1412

[cccf-fcsge.ca](http://cccf-fcsge.ca)

*Ideas on a broad range of topics of interest to families, including outings, activities, care, and tips.*

**Canadian Paediatric Society – Caring for kids**

613-526-9397

[caringforkids.cps.ca](http://caringforkids.cps.ca)

*Information on children's health.*

**Canadian Red Cross**

1-800-363-7305

[redcross.ca](http://redcross.ca)

*Information on Red Cross prevention and first aid courses for the parents of young children and on the course for babysitters.*

**Centre de soutien au deuil périnatal du Center for studies and research on Family Intervention (CERIF-Death)**

1-800-567-1283 ext. 2387

[cerif.uqo.ca/en/death](http://cerif.uqo.ca/en/death)

*Support offered to parents and workers affected by perinatal loss.*

**Centre québécois de ressources à la petite enfance**

450-376-3702 / 514-369-0234 / 1-877-369-0234

[cqrpe.qc.ca](http://cqrpe.qc.ca)

*A variety of information on support groups, health organizations, suggested reading for parents, Web sites on parenting, etc. (in French only).*

**Children now**

514-593-4303 / 1-800-361-8453

[avanttoutlesenfants.ca/home](http://avanttoutlesenfants.ca/home)

*Organization offering a wide range of services including a telephone help line, professional legal advice, a database of more than 2000 community resources and information sessions.*

**Clinique Parents Plus du Centre de réadaptation  
Lucie-Bruneau**

514-527-4527

[luciebruneau.qc.ca](http://luciebruneau.qc.ca)

*A specialized public clinic for parents with physical disabilities.  
Assessments and adapted equipment to help them care  
independently for their baby (website in French only).*

**Coalition des associations de consommateurs  
du Québec**

514-362-8623 / 1-877-962-2227

[consommateur.qc.ca](http://consommateur.qc.ca)

*Portal featuring a wide variety of personal finance  
information and tools (in French only).*

**CRP Les Relevailles de Montréal**

514-640-6741

[relevailles.com](http://relevailles.com)

*Telephone support, courses, meetings, assistance at home,  
videotape lending and referrals (in French only).*

**Diabetes Québec**

514-259-3422

[diabete.qc.ca](http://diabete.qc.ca)

*Provincial organization that answers questions about diabetes.*

**Drogue : aide et référence**

514-527-2626 / 1-800-265-2626

[drogue-aiderreference.qc.ca](http://drogue-aiderreference.qc.ca)

*Support, information, and referrals for persons coping with  
addiction throughout Québec.*

**Éditions du CHU Sainte-Justine**[editions-chu-sainte-justine.org/catalogue/english-titles.html](http://editions-chu-sainte-justine.org/catalogue/english-titles.html)

*The hospital's publications dealing with childhood and families  
listed on this site can be ordered online.*

**Family Service Canada**[familyservicecanada.org](http://familyservicecanada.org)

*Organization that supports a network of organizations  
offering services to families.*

**Fédération des associations de familles  
monoparentales et recomposées du Québec**

514-729-6666

[fafmrq.org](http://fafmrq.org)

*The federation defends the rights and interests of single-parent and blended families in Québec. Bilingual service is available in Montréal and some regions of Québec (website in French only).*

**Fédération du Québec pour le planning des naissances**

514-866-3721

[fqpn.qc.ca](http://fqpn.qc.ca)

*This bilingual service provides information on contraception and women's sexual health (website in French only).*

**Fédération québécoise des organismes  
communautaires Famille**

450-466-2538 / 1-866-982-9990

[fqocf.org](http://fqocf.org)

*Gathers together and supports family-oriented community organizations and helps ensure that the family has a place in Québec society (in French only).*

**Fondation du Dr Julien**

514-527-3777

[fondationdrjulien.org/en](http://fondationdrjulien.org/en)

*Community-based social paediatric centres that provide comprehensive support and a full range of medical care and services to children and families at risk or in vulnerable situations.*

**Fondation Olo**

[fondationolo.ca/en/](http://fondationolo.ca/en/)

*Food assistance for pregnant women with low income.*

**Fondation Portraits d'Étincelles**

1-877-346-9940

[portraitsdetincelles.com](http://portraitsdetincelles.com)

*Free photo and photo touch-up service for babies who died prior to or at birth (in French only).*

**Food Allergy Canada**

416-785-5666 / 1-866-785-5660

[foodallergycanada.ca](http://foodallergycanada.ca)

*Support and information for families living with allergies.*



**Immunize Canada**

613-725-3769 ext. 122

[immunize.ca](http://immunize.ca)

*Information on vaccines and the vaccination schedule, answers common questions and lists resources.*

**iQuitnow**

1-866-527-7383

[tobaccofreequebec.ca/iquitnow](http://tobaccofreequebec.ca/iquitnow)

*Information and support to individuals who wish to stop smoking (bilingual service).*

**L'accompagnateur**

[laccompagnateur.org](http://laccompagnateur.org)

*Site developed by parents of children with disabilities to help other parents in the same situation (in French only).*

**La Leche League**

1-800-665-4324

[lllc.ca](http://lllc.ca)

*Telephone support by recognized leaders. Books and breastfeeding accessories for sale.*

**LGBT Family Coalition**

514-878-7600

[famillesLGBT.org](http://famillesLGBT.org)

*The organization advocates for the legal and social recognition of LGBT families. A group of lesbian, gay, bisexual and transgender parents exchanging information, sharing resources and having fun together with their children.*

**Lifesaving Society**

514-252-3100 / 1-800-265-3093

[sauvetage.qc.ca](http://sauvetage.qc.ca) / [perfectswimming.com](http://perfectswimming.com)

*The Lifesaving Society (Société de sauvetage) is a provincial association dedicated to preventing drowning and water-related injuries through free advice on how to safely install a residential pool. The Society also offers a complete range of first-aid, lifesaving, resuscitation, and pleasure-craft courses.*

**LigneParents**

1-800-361-5085

[ligneparents.com](http://ligneparents.com)

*Free support and advice line, accessible throughout Québec (in French only).*

### **Mouvement allaitement du Québec**

[allaiterauquebec.org](http://allaiterauquebec.org)

*Breastfeeding support oriented more toward environments than individuals (in French only).*

### **Naître et grandir**

[naitreetgrandir.com](http://naitreetgrandir.com)

*Web site on children's development and health (in French only).*

### **Nourri-Source**

514-948-9877 / 1-866-948-5160

[nourri-source.org/en/](http://nourri-source.org/en/)

*Telephone support, breastfeeding support meetings, prenatal information sessions, training and information, rental and sale of breastfeeding accessories.*

### **Ordre des orthophonistes et audiologistes du Québec**

514-282-9123 / 1-888-232-9123

[ooaq.qc.ca](http://ooaq.qc.ca)

*Directory of Québec speech-language pathologists and audiologists.*

### **Parachute**

1-888-537-7777

[parachute.ca/en](http://parachute.ca/en)

*Parachute wants to help Canadians reduce their risks of injury and enjoy long lives lived to the fullest.*

### **Parents Orphelins, The Quebec Association for parents grieving from pregnancy and infant loss**

514-686-4880 / 1-844-338-4522

[parentsorphelins.org/en](http://parentsorphelins.org/en)

*Gathering and complimentary services for parents who have lost a baby during pregnancy. Coffee Chats, Helpline, recurring activities, Annual Candlelight Walk and external resources.*

### **Préma-Québec**

450-651-4909 / 1-888-651-4909

[premaquebec.ca/en](http://premaquebec.ca/en)

*Québec association for premature children.*

### **Regroupement des cuisines collectives du Québec**

1-866-529-3448

[rccq.org](http://rccq.org)

*To find the nearest collective kitchen.*

**Relevailles Québec**

418-688-3301

[relevaillesquebec.com](http://relevaillesquebec.com)

*Assistance at home, support group for post partum depression, meetings, baby massage, support (website in French only).*

**RePère**

514-381-3511

[repere.org/about-repere/](http://repere.org/about-repere/)

*Assistance and support program for fathers.*

**Réseau des Centres de ressources périnatales**

418-336-3316

[rcrpq.com/english-version/](http://rcrpq.com/english-version/)

*Website to find out where is the CRP (perinatal resource centre) in your area.*

**Réseau québécois d'accompagnantes à la naissance**[naissance.ca](http://naissance.ca)

*Information and referral centre to inform the public of services offered by members, i.e., doulas (in French only).*

**Serena**

514-273-7531 / 1-866-273-7362

[serena.ca](http://serena.ca)

*Promotes natural family planning methods. Service in French and English.*

**Sexandu**[sexandu.ca](http://sexandu.ca)

*Questions and issues around sex and sexuality that matter most to Canadians.*

**Sexplique**

418-624-6808

[sexplique.org](http://sexplique.org)

*Information on family planning methods and sexuality (in French only).*

**St. John Ambulance**

1-800-706-6660

[sja.ca/English/Pages/default.aspx](http://sja.ca/English/Pages/default.aspx)

*First aid training organization that offers training in early childhood first aid.*

**The Health of Canada's Children and Youth**

[cichprofile.ca](http://cichprofile.ca)

*Devoted to child and family health and offers parents numerous publications and resources.*

**Today's Parent**

[todaysparent.com](http://todaysparent.com)

*Parenting magazine Web site.*

**Union des consommateurs du Québec**

514-521-6820 / 1-888-521-6820

[uniondesconsommateurs.ca](http://uniondesconsommateurs.ca)

*Québec consumer associations providing free budget consultation services (website in French only).*

The authors have chosen the organizations and references mentioned in this section because of their relevance to the users of this guide. However, the list is by no means exhaustive and neither the authors of the Institut national de santé publique du Québec are in any way responsible for the contents of the references indicated.

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# Conversion table

## WEIGHT



1 oz	.....	28 g
1 lb	.....	450 g / 0.45 kg
2.2 lb	.....	1,000 g / 1 kg

## LENGTH



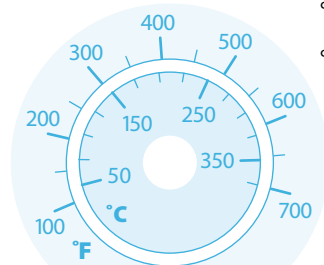
0.4 in.	.....	1 cm
1 in.	.....	2.5 cm

## LIQUIDS



1 tsp	.....	5 ml
1 tbs	.....	15 ml
1 oz	.....	30 ml
½ cup	.....	125 ml
⅔ cup / 5 oz	...	150 ml
1 cup	.....	250 ml
4 cups	.....	1,000 ml / 1 L

## TEMPERATURE



$$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \div 1.8$$

$$^{\circ}\text{F} = ^{\circ}\text{C} \times 1.8 + 32$$









*From Tiny Tot to Toddler*  
supports parents by  
providing information  
about pregnancy, delivery  
and the first two years  
of a baby's life.

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