

## Baby's First Year

[https://www.durham.ca/en/health-and-wellness/baby\\_s-first-year.aspx](https://www.durham.ca/en/health-and-wellness/baby_s-first-year.aspx)

## EarlyON

[www.durham.ca/EarlyON](http://www.durham.ca/EarlyON)

## Infant & Child Development

<https://www.durham.ca/en/health-and-wellness/babies-with-developmental-concerns.aspx>

## Breastfeeding & Newborn Care

<https://www.durham.ca/en/health-and-wellness/online-breastfeeding-caring-for-your-newborn-classes-and-videos.aspx>

## Infant Sleep

<https://www.durham.ca/en/health-and-wellness/infant-sleep-and-sleep-habits.aspx>



Visit [durham.ca/Newborn](http://durham.ca/Newborn)



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/Newborn](http://durham.ca/Newborn)



If you require this information in an accessible format, contact 1-800-841-2729.

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## How to start the Breastfeeding and Newborn videos:

1. Visit [www.injoyonline.com](http://www.injoyonline.com) to create an account
2. Enter your name, email and create a password
3. Enter the access redemption code: **durhambaby**
4. Click **Validate**
5. Accept the Terms and Conditions
6. Click **Complete**
7. Log in to your Dashboard to view the Class content
8. Go to the Understanding Breastfeeding eClass and the Understanding your Newborn eClass
9. Clicking on **Resources & Tools** to watch videos on:



Cord Care, Taking baby's temperature, Skin to skin contact



Latching, Breastfeeding positions, Burping and more!

## Pregnancy

Visit [durham.ca/pregnancy](https://durham.ca/pregnancy) for information on:

- Free pregnancy classes, groups and programs
- Active living
- Healthy eating
- Having a smoke-free pregnancy
- Emotional changes
- Substance use
- Infections in pregnancy

## Babies and Toddlers

Visit [durham.ca/parenting](https://durham.ca/parenting) for information on:

- Feeding your baby
- Baby's first year
- Car seat safety
- Crying
- Sleep
- Parenting



Durham Health Connection Line  
1-800-841-2729 or 905-666-6241  
[durham.ca/pregnancy](https://durham.ca/pregnancy)



Durham Healthy Families



HEALTH  
DEPARTMENT

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May19

## Best Start

Visit Best Start [resources.beststart.org/for-parents](https://resources.beststart.org/for-parents) for information on:

- Health before pregnancy
- Pregnancy – including:
  - Preterm labour
  - Men's information on how to build a healthy baby
  - Working during pregnancy
  - Having an alcohol-free pregnancy
- Caring for a baby
- Indigenous health



[resources.beststart.org/for-parents](https://resources.beststart.org/for-parents)