

Delta Child & Youth Infant Resources



Congratulations on adding a new baby to the family!

We're happy another little one has joined the communities in Delta and Tsawwassen First Nation Lands.

We've put together the most important links for families with babies. If you access this guide on paper you can enter any of the bit.ly links into a web search bar to take a shortcut to the website..

If you are new to Canada and Delta check out the Community Resources for Newcomers:

bit.ly/deltanew

Key Info & Support

HealthLinkBC

Quick Tips for getting baby to sleep!

bit.ly/bcsleep



Pacific Post Partum Support

Information and support for mothers experiencing mood changes and anxiety.

Postpartum.org



Early Years Growth

Growth milestones for newborns & guidance for their parents.

bit.ly/3monthecd



CCRR Car Seat Clinics

Safety check and installation help.

bit.ly/ccrrcar



Fraser Health: Life With Baby

Information on everything from feeding to teething.

bit.ly/fhbabylife



Programs for You and Baby

Baby Daze



Free drop-in group for new parents and their babies

- Tue 9:30–11:30 Harris Barn, Ladner
- Wed 9:30–11:30 North Delta Rec. Centre

delta.ca/BabyDaze

Mother Goose



Free 10-week group sharing rhymes, songs and stories together.

- Fall, winter and spring sessions at George Mackie, Ladner, and Tsawwassen Libraries

bit.ly/bgcearlyyears

Learning & Growing Together



Free drop-in group for young moms.

- Thu 12:30–2:30,
Gibson Elementary Family Resource Centre

bit.ly/bgcearlyyears

▼ More Information

Visit deltakids.ca to learn about programs and services available for children and families in Delta.

1:1 Support

Healthiest Babies Possible

Free program for pregnant and new parents experiencing health or lifestyle changes. 1:1 and support groups.

bit.ly/optionsbhp



Multicultural Outreach Program

Free supports for families in English, Tigrinya, Arabic & Punjabi.

bit.ly/dcrsmop



Infant Development Program

Free home based support for families with concerns about their young child's growth and development.

bit.ly/reachidp



▼ More Information

For other supports for parents and adults contact deltassist.com



Free Places to Go Together

Watershed Park Trails	OWL Orphan Wildlife	Tsawwassen Mills Mall
Burns Bog Trails	Ladner Harbour Park	Centennial Beach
Annieville Park & Waterpark	Memorial Park & Waterpark	Diefenbaker Park & Waterpark

▼ More Information

Check out the

Free & Fun Family Activity Guide

bit.ly/deltafreefun



Looking Ahead to Childcare

Do you plan to have paid childcare?

We suggest you look for a space soon!

Childcareoptions.ca can help you find a program and apply for the [Affordable](#)

[Childcare Benefit](#)



Saving Money

Mama's For Mamas



Facebook page offers free items and services at no cost.

bit.ly/mamas4mamas

Food



Description and links to free sources of food.

bit.ly/deltafoodsecurity

Tiny Bundles



Food hampers for families with young children (and expecting parents)

bit.ly/surreytinybundles

▼ More Information

Call 211 or visit bc211.ca to get support accessing programs and services in the community.

211

