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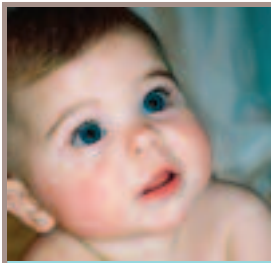
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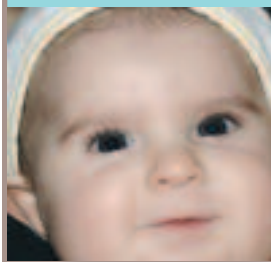


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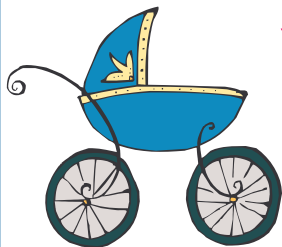


'You Outta Be in Pictures' Baby Guide Cover Contest

The *Baby Guide* is looking for a cute cover baby for our 2008 edition. And we mean *cute*—though charming, comical, endearing and charismatic work too! So long as the photo you send makes us look twice (or more), your little one may be in the running to grace next year's cover.



Babies must be born after April 2007. Send pictures, no bigger than 1MB, to admin@baby-guide.ca. Subject line: Cover contest. To mail your photo, please send along with name and address to: Baby on the Cover Contest, Unit #140, 2nd Floor, 13988 Maycrest Way, Richmond, BC V6V 3C3. Entry deadline: December 1st, 2007. Full contest details online at baby-guide.ca.



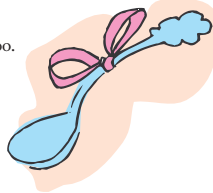
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Here's your chance to take home the goods—a whole bundle of them! Thanks to our annual *Baby Guide* Bundle giveaway, you could win over \$500 worth of cool prizes, including many of the products mentioned throughout this magazine.

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Enter online at baby-guide.ca before December 1st, 2007. Contest open to Lower Mainland residents only.

The winner will be contacted by phone. Check online for more prizes and full entry details.



on our cover

Seven-month-old Lily graces the cover of the 2007 *Baby Guide*. Lily loves to interact with people, and is a very active baby—making the photo shoot a lot of fun!

Thanks to Kimberly Mara at Eclipse Photography for getting such a great shot of Lily for our cover. Visit eclipsephotography.ca.

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editor's note

Babies. There's just something about them. Those sweet, curious eyes. That button nose. The tiny fingers and toes. I'm not sure if it's part of their small size or their innocence, but somehow they all seem to come with charm too.

Just bring a baby into a room full of adults and see what happens. I've watched the most sophisticated, well-versed and autonomous person drop down to their knees, squealing goo's and gaa's, and all for a newborn. No wonder parents don't have a chance.

Though some of that charm tends to fade on mom or dad in relation to each sleepless night, it re-emerges as if magically every single day. Like when your little one looks at you, or coos, or smiles for the first time, or sleeps for more than an hour or two at once. There is, perhaps, no other time in one's life when there's so much love...and love only.

Of course, that love for baby only grows. And, surely, beyond the love, you have hopes and dreams. You want only the best—for baby to live well, be healthy and find success. But when they are so new, so pure, that love comes with very few expectations or concerns.

There are few thoughts of whether or not Johnny will be liked by his pre-school classmates, whether you will survive his toddler years or whether he will pass geometry in grade eight. There is little worry about whether Kate will nail her music recital, make her black belt in karate or be asked to the school dance (and, perhaps, you're hoping she won't). For now, there is just baby.

Soon enough, you'll be anticipating those first words and waiting to see those first steps. Soon enough you'll be taking pictures (with tears in your eyes) on that first day of kindergarten, and then again upon graduation. But for now, while baby is so new, so pure, you have love. And aside from showing your little one off every now and then (and watching a few adults fall to one knee and goo), love—and love only—sounds pretty good.

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Baby-umptious...

Gotta love the name. And the bag's not bad either! Not only will this über-couture diaper bag keep you organized (it's got plenty of pockets and even a backpack conversion strap), it also goes fabulously with jeans or a more refined ensemble. You never know when you and baby might need to hit the town. Cost \$168. Buy online. melissabethdesigns.com



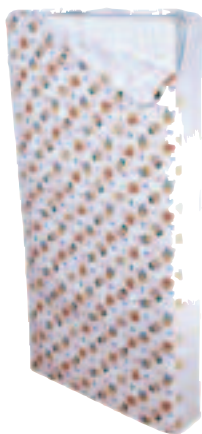
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Family Tax Tips

When it comes to tax season, your little bundle of joy can often be overlooked. From the time of birth, however, and as they grow, there are important tax benefits children may qualify for that parents should be aware of. Here are a few to keep in mind...

- Upon baby's arrival, complete the Canada Child Tax Benefit Application (Form RC66) and send it to the Canadian Revenue Association. This form will register your child for the Child Tax Benefit, as well as the GST/HST Credit and the Universal Child Care Benefit.
- As per the recently introduced Universal Child Care Benefit (UCCB), any child under the age of six, regardless of family income, is eligible for a \$100 per month credit. UCCB is taxable in the hands of the lower-income spouse.
- To save for your little one's post-secondary education, consider a Registered Education Saving Plans (RESPs). The Government of Canada will contribute an additional 20 percent as part of the Canada Education Savings Grant (CESG), up to a maximum of \$400 per year. Families with income under \$72,756 will receive an increased rate on the first \$500 of contributions.
- Lower income families qualify for the Canada Learning Bond (CLB). The government provides \$500 in a CLB at birth for children under 15, whose families are entitled to the National Child Benefit Supplement. They will receive an additional \$100 CLB each year, so long as the family qualifies.
- A new Children's Fitness Tax Credit was announced in last year's Federal Budget, but it will not be available until the 2007 tax year. The credit will include a maximum of \$500, and cover fees incurred for children under the age of 16 enrolled in an eligible program of physical activity. The government has appointed a panel to study children's programs and determine which will be eligible for this credit.
- Taxpayers who use public transit can now claim a new non-refundable tax credit for their passes. This includes passes purchased for dependent children under the age of 19. To qualify, the passes must be for a period of at least one month.
- Once your baby is born, apply for a social insurance number (SIN). Children grow up fast, and the advantage of a SIN is for any of those minor jobs they'll partake in, such as babysitting or a paper route. Money earned from this type of employment qualifies for the calculation of an RRSP deduction limit.

Tips courtesy of H&R Block Canada Inc—a leading tax preparation firm, providing a wide range of financial products and services.

For more tax tips, or to verify those you qualify for, call 1.800.HRBLOCK or visit hrblock.ca.



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Baby Time

Answers to the most commonly asked questions about parental leave in BC

Astrid Van Den Broek

How long do I have to work somewhere before I can go on leave?

Can my employer lay me off during this time?

Will I get my old job back when I return to work?

These are just some of the questions that swirl around the minds of new and expectant moms. Here's the lowdown on pregnancy and parental leave.

Q: How much time off work am I entitled to?

Under the Employment Standards Act 2000 (ESA), birth mothers are entitled to up to 17 weeks of unpaid, job-protected pregnancy leave, plus 35 weeks of parental leave. Birth mothers who don't take pregnancy leave are entitled to 37 weeks of parental leave.

In British Columbia, you need to give four weeks' notice in writing to your employer of your intention to go on leave. However, this eligibility requirement is waived in certain circumstances, like an early birth.

Q: What if my baby is born early—or late? How does this affect my leave?

It varies per province, but in BC pregnancy leave can start no earlier than 11 weeks before your baby's expected due date, and no later than the actual birth date. Many women plan to begin their pregnancy leave when the baby is born. If your baby is born early, your leave begins on the day baby arrives. If you go past your due date and you've

already used up your pregnancy leave, your parental leave still begins when your baby is born.

Q: I'm on contract. Can I still go on leave? Yes, full- and part-time, permanent and contract employees are also entitled to leave.

Q: I just got a job the same week I found out I'm pregnant. How long do I have to be in my job before I can go on pregnancy leave? British Columbia and New Brunswick are the only two provinces that have no requirements with respect to length of service for pregnancy leave eligibility. If you're working, you qualify. However, all provinces require employees to provide notice prior to the start date.

Q: Do I get paid while I'm on leave? You are legally entitled to unpaid, job-protected time off when you give birth or become a parent, and your employer is obligated to maintain your benefits during this time. Though you may qualify for additional benefits (money paid through the federal Employment Insurance program to new and adoptive parents) if you've worked 600 hours in the last 52 weeks.

The basic benefit rate is 55 percent of your average insured earnings, up to a yearly maximum of \$40,000. For more information, contact the Human Resources Development of Canada office or the Service Canada office at 1.800.O.Canada (1.800.622.6232).

Q: Is my husband entitled to time off when our baby is born? Yes. All new and adoptive parents are entitled to a maximum of 37 weeks of parental leave, which must begin within 52 weeks of your baby's birth.

Q: My partner and I would like to take some time off together after our baby is born. Can we do that? You can. After the birth of your baby, your husband can go on parental leave while you're still on pregnancy leave. Or, two parents can take parental leaves together. Parents make different decisions depending on their circumstances and whether they're entitled to benefits.

Mom might go on leave for ten months, for instance, and then dad for the two months that follow. When you're planning your time off, just remember that leaves can't be divided up. You can't take two months off, work for two and then take the unused portion of your leave.

Q: Can my boss let me go while I'm on leave? No. You're entitled to job protection while on leave. That means either you get your old job back, or if it doesn't exist anymore, a comparable job at the same rate of pay. But it isn't unheard of that a company restructures while you're away. It's worth noting that your boss can't use pregnancy or parental leave to make changes to your job, leaving you without it when you plan to return.

Q: Can my boss make me come back from leave early? In short, no. But that doesn't stop some women from feeling subtle pressure from their employers to return to work early. If you think your employer is treating you unfairly, you can file a complaint by calling the Employment Standards Information Centre at 1.800.531.5551.

Q: What if I decide not to go back? When do I have to let my boss know? You must give written notice to your employer at least four weeks before the date you planned to return to work.

More questions? Go to the Human Resources and Development Web site at hrsd.gc.ca or the Ministry of Labour site at labour.gov.bc.ca/esb.

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Planning for Postpartum Support

Teresa Pitman

When each of Lorna Kyle's babies was born, her mother came to stay for six weeks. As Lorna and her husband got to know their newborn, Grandma cared for the other children, ran the household and filled the freezer with prepared meals.

Most of us can't count on that kind of help. You may arrive home from the hospital a day or two after giving birth with the expectation that you'll fend for yourself. We've all heard the stories about women in tribal societies who give birth by the side of a field and then go right back to work without even taking a nap.

Those stories are myths. In fact, in most societies around the world a great deal of effort is made to protect women and support them during the postpartum period.

Canadian mothers are entitled to no less. To ensure the best homecoming for you and your baby, it's important to plan ahead. Here are some suggestions:

- Ask about discharge policies at your hospital. How soon after the birth can you expect to be home? How much flexibility is there with the timing?
- Enlist all the practical help you can get. Ideally, it's good to have someone at home with you through the first week, and plenty of support for a couple of weeks after that. Work out with your partner how much time he'll be taking off work (you are both entitled to parental leave). Ask your mother, sister, best friend, etc, when they might be available. Even if each of them can only help for a day or two, it will add up.

- If you can afford to pay for help, there are many possibilities. Doula services are springing up in many communities—trained doulas not only help with housework and newborn care, they are also knowledgeable about postpartum recovery. Or, you might hire a housekeeper or cleaning service.
- When friends or relatives want to give you showers and gifts, be practical. Cute baby clothes are fun, but you might really appreciate a collective gift like a diaper or maid service for the early weeks. A food shower—where each guest gives the expectant mother a prepared meal to store in her freezer—can be a big help, too.
- Recognize that you'll need some time to recover after the birth. Many women have returned to work, signed up for exercise programs or taken courses in the early postpartum period, only to discover they were not ready for the extra challenges. Becoming a parent is a huge emotional and physical change—give yourself time.
- If you're planning to breastfeed, begin lining up your support resources early on. It's a good idea to attend La Leche League meetings or breastfeeding classes (try your health unit or hospital) during your pregnancy. The classes will help you get off to a

successful start; and if you do run into a problem and need help, it's much easier to call someone you've already met.

- Find out about the postpartum services in your community. Does your hospital offer a new parent help line? How about an after-hours paediatric clinic? Look for social resources, too. Parent and baby drop-in classes offer a great chance to meet other moms and dads who share your interests and concerns.

Last but not least, stay in touch with your partner. Talk about the baby, of course, but try to find some time to talk about yourselves. How are you each coping? How can you support each other better? When people ask if they can help, say *yes*—and make it a date night for the two of you to stay connected.



More than the Blues?

It's important to be aware of the symptoms of postpartum depression. It's natural to feel tired and sometimes weepy during the first few weeks after giving birth, but if you feel sad, exhausted, irritable or anxious day after day, you should let your physician or midwife know. Postpartum depression can affect anyone, and help can range from support groups to medication. Your physician, public health unit or a family resource centre will know about the support services in your community.



You've just seen your doctor and confirmed the good news: you're pregnant! The next nine months promise to frame one of the most memorable periods of your life, full of celebration, anticipation, planning and... defending yourself?

It seems that morning sickness isn't the only less-than-pleasant side effect of pregnancy. Masquerading under the guise of well-meaning helpfulness, another offender is hounding the heels of freshly minted moms and moms-to-be.

I am, of course, talking about pregnancy advice, that ubiquitous and ever-evolving list of "shoulds" and "shouldn'ts" that comprise the baby-rearing gospel. It comes in a dazzling variety these days—from books, Web sites, Web blogs and word-of-mouth to daily tip sheets, weekly e-newsletters and even Podcasts. Although advice can be helpful for new moms learning the ropes of carrying and caring for

baby, unsolicited advice can be intrusive, adding unnecessary judgment and pressure to an already emotional time.

Pre-birth Preambles As mom-to-be Sara Bailey recently discovered, once that little bump you've been hiding ripens into a full-fledged belly, there's little you can do to protect yourself from the bombardment of "friendly" tips from those around you.

"As soon as you get pregnant, it's like walking into a club," shares Bailey, who's expecting the arrival of a son this spring. "People start opening up and telling you stuff you've never heard before, even if you don't want to hear it."

Pondering over the slew of questions that come with being a first-time mom, Bailey initially welcomed the advice—at least, until its overwhelming volume started to negate its helpfulness.

“A lot of people have had experiences that are really just their own experiences,” she explains. “But they’re adamant that it’s how everyone else should feel or that it’s correct.”

Case in point: at a recent company party, a woman to whom Bailey had just been introduced began to expound enthusiastically on the need for her to have an epidural. “I’d just met her and she went on this rant about how the epidural is the only solution,” she recalls.

“She ended up being really nice,” Bailey continues with a laugh, “but it was funny that that was the first thing out of her mouth.”

The experience was not an isolated one. Other unsought opinions have touched on everything from how to ease the intense, all-day sickness that plagued Bailey during her first trimester—salt and vinegar chips—to concerns that she was carrying too heavy for how far along she was.

Bailey eventually discovered for herself that smelling lemons (not consuming chips) helped keep her nausea at bay, and that, according to her midwives, her rate of expansion was actually right on target.

It wasn’t long before Bailey learned to take what she was hearing from friends, family and other interested parties with a grain of salt. “All the stories kind of go against each other,”

she says. “Midway, I realized that most of the advice wasn’t very helpful for my own situation, and I had to find what worked for me.”

This meant selectively tuning in to what she was hearing and reading online or in books. “I’ve just learned not to take it *all* in,” she says with a smile. “It’s better for your peace of mind.”

Post-birth Postulations Lisa Wood experienced her own barrage of “how to’s” and “what to’s” when pregnant with son Tommy a year-and-a-half-ago. “Friends, family, strangers, everybody gives you advice!” scoffs Wood. “They think that if they have a baby or a child you share this bond with them.”

But bonds are by definition a supportive connection—an element Wood sees as missing from the questions and tips she’s been inundated with over the last two years. The old epidural argument was just one issue that reared its head in conversations preceding her son’s birth.

“I’ve got one friend with two kids who told me ‘you have to have the epidural. I had it with both of my kids. It will make your life so easy,’” recounts Wood, the hint of sarcasm not going unnoticed. “Then another friend said ‘you can’t have any drugs at all! I have three kids and I’ve tried it every way—you have to do it natural.’”



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"They just fling advice on you," she continues. "You don't have to ask for it...or want it."

Once Tommy arrived, the advice took on yet another dimension. Complete strangers began to approach Wood on a far too regular basis, questioning everything from her choice of baby food—"You mean you're not buying organic?!"—to the placement of her son's car seat.

"I chose to face Tommy's car seat forward, even though he wasn't quite a year old, because he was at the weight limit," explains Wood, noting that her son rates in the 95th percentile categories for height and weight (and no wonder—his father, Vince, is 6'10!).

"I was at Toys R Us about a month ago, and a woman loading her kids into a van beside me said, 'do you know your car seat's facing the wrong way? They're supposed to face forward until they're a year.' I said: 'Did you look at the size of my child? He's big! My doctor said it's fine.'"

As a fairly outspoken person, Wood doesn't find it difficult to fend off unsolicited advice from strangers. "If I don't appreciate their advice, I'll just tell them," she says, though admits it's frustrating at times.

Being the rookie mother within her own social circle has meant a fair share of suggestions and

recommendations from family and friends, as well. With them, however, Wood takes a considerably more diplomatic approach to tuning out unwanted information. "Mostly I just smile and nod, and then ignore it," she says.

When an occasion arises when she's in doubt, Wood turns to the advice she considers most reliable: medical expertise. "I'm a first-time mom, and there are things I don't know," she admits, "but I'll just go to my doctor or his nurse and ask."

Now in her third trimester, Sara Bailey has learned her own version of the smile-and-nod when dealing with unsolicited advice—a good thing, as it shows little sign of slowing down.

"Pregnancy is a really emotional and intense experience in people's lives," she says. "They just want to share that with you, and offer a quick solution. But it's just so rarely the same."

Like Wood, Bailey has come to place her faith in the practical medical perspectives of her midwives, and the intuitive wisdom gleaned from her own experience.

"You have the confidence that other people have gone through it...all of our parents, the *whole* world," she laughs. "There's overwhelming evidence that it will work out. You just kind of have to go with that knowledge and jump in."



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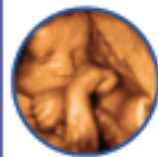


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W. Vancouver, BC

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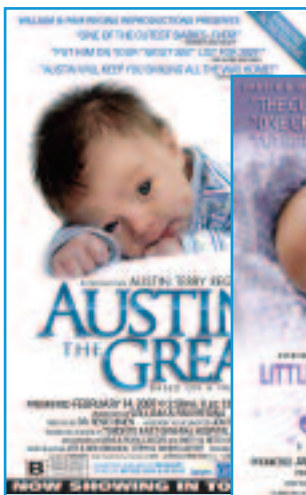
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604-582-9991

bits & bites *local stuff for mommie & me*

The Leading Role? She's only just arrived, but your baby's already landed the lead in her own major motion picture. Talk about making it big! Customize these hit movie birth announcements to reflect any drama theme. Parents are listed as the producers and the doctors as the directors. \$175 for a minimum of 50 (you do want to build her fan-base, don't you?). Announcements are 5" x 8" with envelopes included. Poster sizes also available. Visit 5starbaby.com to order.



Immunizations Made Easy Although it won't take the sting out of your little one's shots, it will track each vaccine received and maintain a record for you. "The Mother of All Immunization Trackers" is a one-stop, online vaccination resource featuring a safe, confidential database where you can store your child's immunization records, and sign-up to receive updates as to when the next shots are due. Along with easy-to-understand definitions of each childhood vaccine, the site offers parenting tips and insights from Ann Douglas, Canada's foremost parenting expert and author of the "Mother of All" book series. Check it out at canadaimmunization.com.

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Looking to Connect? If baby is your 24/7 or you're too busy balancing family life with a career to mix and mingle, here's your excuse to change that. Go to parentsincb.ca—and surf! You'll find an online forum for local moms and dads to chat live, share advice, join in scheduled discussions, meet up for play dates, walking groups and moms' nights out. Most importantly, you'll find a venue to connect with other parents.

For All Things Baby... And Mommy too, check out Vancouver's hip and happening (not to mention free) resource, covering pregnancy, baby development, health and fitness, shopping, community events, support services and everything in between. Find it all at urbanmommies.com.



Having It All Who says you can't? "From Colic to Career: The New Moms Guide to Career Enrichment While on Maternity Leave," takes moms on a practical journey of career development. Regardless of whether you are well established, just starting out in the workforce or are a single mom struggling to support your baby, you'll learn the tools for professional growth and success—all without sacrificing family time. Book launch: April 28th, 2007. For details, go to momenta.ca.

Finding Relief Okay, so no one wants to talk about it. But it's estimated that one in three women will experience it during pregnancy or after birth. Yes, "it" refers to hemorrhoids. For relief from the itching, burning and discomfort should the oh-so-unpleasant 'H' develop, try the all-natural, environmentally conscious HmR Natural Hemorrhoidal Ointment from Théra Wise. Made from plant-based ingredients, with no petroleum or paraben preservatives, HmR is available at most drugstores, as well as online for \$19.99 at therawise.com.



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Website: www.kidcorral.ca





Keeping Track Between doctor's appointments, preparing the nursery and your impending due date, you've got a lot on your mind when it comes to you and baby. Keep life simple with "The Everything Pregnancy Organizer." Filled with calendars, checklists, charts and a monthly rundown on what to expect and how to prepare for baby, the Organizer is a must-have for busy moms-to-be. Cost \$21.95 at most major bookstores.

Re-inventing the Stroller As your family grows, so should your stroller. Now it can with Joovy's Caboose Stand-on Triple—allowing up to three children to ride in comfort. Thanks to an aluminium frame, it's not only lightweight, but also easy to push and steer. The Joovy comes with two universal car seat adapters for families on the go. At TJ's Kids for \$449.99. Go to tjskids.com for a store near you, or visit joovy.com for more details.



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Director of Admissions
Tel: 604.525.3016
E-mail: judy.wilson-neil@collingwood.org



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From Boxcar...to BABE!

Carissa Holmes

You've had the baby, settled in at home, discovered something that looks vaguely like a routine and now you want to get your temple back in order—namely, your body. You remember, that thing that was the size of a boxcar about six weeks ago?

All is not lost. Though there is good news and bad news. The bad: unless you have super-model genes, you're going to have to work at it, and you will probably sweat. The good: you can look better than ever, and do it with your new bundle of joy by your side.

But there are a few things you need to do first. It's important before starting any fitness program to get medical clearance. After giving birth, it is imperative. "Returning to an exercise program or starting a new one after childbirth is very individual for each mom," shares Tammy Berendsen, group fitness director at the Tong Louie Family YMCA. "Your doctor knows your history, and can advise you when it's safe to increase your activity level."

Once you've been given the green light to lace up those runners, there are still other things to consider. Runners are one. Many people underestimate the importance of good footwear. Make sure you wear a shoe designed for the activity you're doing. You wouldn't four-wheel it in a sports car, so don't go to strollerobics in those old tennis shoes from college.

A supportive sports bra is two. You do want to keep your breasts up where Mother Nature intended them to be, do you not?

Nutrients are three. Proper nutrition and adequate hydration are essential to any post-natal exercise

program. Your body has been through a lot, and is most likely still healing. In some cases, it's even providing nourishment to another human being. Give it everything it needs to heal properly, propel you through your workouts and nourish your baby.

Last but not least, tempo is four—and yours should be slow and steady. Whether you were the Queen of Reebok step or the Queen of Relaxation pre-baby, it's important to ease into a fitness routine post-baby. As Greg Puchniak of Panarama Fitness (pfit.ca) in Surrey says, "Start off slowly and progress. This is important so you don't fatigue or burn out. But it's more important so that you're able to continue being a good mom to your baby."

Puchniak recommends a class where the mom is monitored and in a controlled environment, so as not to overdo it. "In the early stages I would avoid ballistic and strenuous classes—and take one day at a time."

Berendsen agrees: "Each day is a new experience, and it's very important not to be too hard on yourself," she says. "Just do the best you can."



Ready for the Challenge?

Get that inner fitness goddess in gear! Fitness classes are a great way to meet new moms. Here are a few samples of what's out there. Be sure to call for class times and costs, and check your local community centre, YMCA or yellow pages for more ideas. Intensity levels are on a scale of one (easiest) to five (hardest).

Yummy Mummy Walking Clubs Load up the stroller and walk! It doesn't get much more simple than that. Improve cardiovascular fitness, while socializing with other moms and babies in your neighbourhood. Various locations. Find one near you at yummymummies.ca.

Intensity: 1 (depending how fast you walk)

Salsa Babies Rediscover the rhythm within! Believe it or not, we've all got it. Let baby shake the maraca as you step to the Latin beat. Great for introducing your little one to music and movement, while learning a few new moves yourself. (Note: dads are welcome!) Various locations and fitness classes available. Call 604.461.7827, or register online at runnersandbootiesfitness.com.

Intensity: 3

Stroller Baby Boot Camp For those ready to sweat, try this high-energy, circuit training class. With stroller in tow, bring baby (ages 6 weeks to 2 years) for the ride through line drills, stations and partner-work. At the Tong Louie Family YMCA in Surrey. Call 604.575.9622 for details.

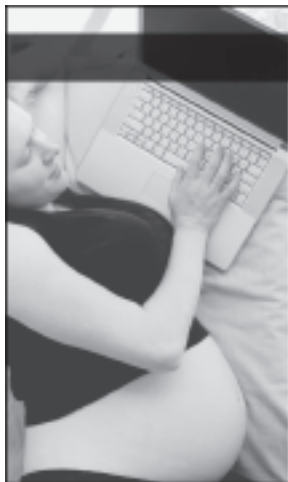
Intensity: 4 (if you work it!)

Tummies for Mommies After giving birth, this baby and toddler-friendly class is a must. Get strong from the inside out, and learn to train your core effectively. The 30-minute program is designed to challenge all fitness levels and postpartum stages. Find a class near you at fit4two.ca.

Intensity: 3

Baby & Me Yoga Connect with your little one with playful *asana* (exercises), as you stretch, breathe and relax your body back into shape. You will have the chance to share with other moms, while socializing baby. No yoga experience required! Ideal for moms who've healed after delivery and for babies not yet mobile. Locations vary. Call 604.421.9872 or check out the class schedule at intoyoga.ca.

Intensity: 2



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Baby Guide

The 2007 Parent Resource Listings

ACTIVITIES & THINGS TO DO

Aquaventures Swim Centre*, Van

604.736.7946
aquaventuresswim.com

Arts Umbrella, Van

604.681.5268
artsumbrella.com

Cineplex: Stars and Strollers

Multiple locations
cineplex.com

Jump Start Music & Movement

Coq: 604.777.7179
Van: 604.664.1636
N Van: 604.987.PLAY (7529)
M Ridge: 604.777.7179
jumpstartmusicandmovement.com

Kids Market, Granville Island

604.688.9766
camelotkids.com

Kuddles Early Infant Stimulation, N Van

604.729.6538
kuddles.ca

Maplewood Farm*, N Van

604.929.5610
maplewoodfarm.bc.ca

Mimic Baby Sign Language, Van

604.687.0425 (ext 1)
mimicbaby.com

Music for Young Children

604.221.1564 | myc.com

Play Paradise, Bby

604.432.7990
playparadise.ca

Richmond Parks & Recreation

604.276.4300 | richmond.ca

Sunset Community Centre, Van

604.718.6505 | mysunset.net

The Arts Connection, Rmd

604.241.0141
theartsconnection.ca

The Baby & Family Fair*, Van

604.323.3761
baby-fair.com

The Little Gym, Lgly

604.539.2543
tlglangleybc.com

Watermania, Rmd

604.276.4300 | richmond.ca

YMCA

Hocking Centre, Chwk:
604.792.3371
Cheam Chwk: 604.824.5250

Tong Louie, Surrey:
604.575.9622

Downtown, Van:
604.681.9622
South Slope, Van:
604.324.9622
vanymca.org

ADOPTION RESOURCES

Adoptive Families Association of BC

604.320.7330
bcadoption.com

BC Foster Parents Association

bcfosterparents.ca

CHOICES

Adoption & Counselling

604.682.6234
choicesadoption.ca

Family Services of Greater Van Adoption Agency

604.731.4951 | fsgv.ca

Federation of Aboriginal Foster Parents

fafp.ca

LDS

Adoptions Services of BC

604.585.7735

Ministry for Children & Families

1.877.236.7807
mcf.gov.bc.ca/adoption

**Society of Special Needs
Adoptive Parents**

604.687.3114
snap.bc.ca

Sunrise Adoption Centre

604.984.2488
sunriseadoption.com

The Adoption Centre

1.800.935.4237
adoption-bc.com

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& ACCESSORIES**

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Online store
604.224.0388
bcozyblankets.com

Babes on 4th

2354 W 4th Ave, Van
604.739.9870

Baby Belle

421-650 W 41st Ave, Van
604.263.2660
baby-belle.ca

Babykins

130-3751 Jacombs Rd, Rmd
604.275.2255
babykins.com

Baby Planet Boutique*

Online store
1.888.823.6129
babyplanetboutique.com

Baby's Best Designs*

Online store
604.682.7281
babysbestdesigns.com

Baby's World*

6-1300 Woolridge St, Coq
1946 W 4th Ave, Van
604.515.0888 | 604.731.5487
itsababysworld.com

Bambino Specialty Bedding*

Online store
604.723.9275 | bambinobedding.com

Beansprouts

4305 Main St, Van
604.871.9782

Beba Bean

Online store
1.800.276.9221 | bebabean.com

Belly and Beyond*

4118 Main St, Van
604.874.2298 | bellybeyond.com

Big Bouncy Baby*

Online store
604.542.2500 | bigbouncybaby.com

Bobbitts for Kids

2935 W 4th Ave, Van
604.738.0333 | bobbittsforkids.com

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604.984.6163 | boomersandechoes.com

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Online store
1.888.258.8301
borderlinetech.ca

Buckets of Fun Consignment

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604.542.TOYS (8697)
bucketsoffun.ca

Bug-a-Boo

9148 Glover Rd, Lgly
604.881.0110
mylittlebugaboo.com

Cabbages & Kings*

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604.731.7307
cabbagesandkings.ca

Chick Pea

Children's Boutique
1706 E 1st Ave, Van
604.255.2004
chickpeakids.com

Childish Notions

Online store
1.877.968.4667
childishnotions.com

Classy Kids Consignment*

3712 W 10th Ave, Van
604.222.4035

Cotton 'n Crayon

12867 16th Ave, Surrey
604.535.0466

Crawlies: Clothing for Babies on the Move

Online store
1.866.222.1512 | crawlies.ca

Creative Queen Enterprises

Online store
1.877.354.7701
creativequeen.com

Dandelion Kids

1206 Commercial Dr, Van
604.676.1862
dandelionkids.ca

Elephant Shoe

Online store
elephant-shoe.ca

Ethicbaby

Online store
1.800.706.3842 (ETHC)
ethicbaby.ca

Goober Baby*

Online store
604.880.5433
gooberbaby.com

Helen's Children's Wear

4142 E Hastings St, Bby
604.298.5141

Hip Baby

2110 W 4th Ave, Van
604.737.0603 | hipbaby.com

Isola Bella Design Ltd

5692 Yew St, Van
604.266.8808 | isolabella.ca

Jelly Bean

Garment Company

Online store
604.815.0830
jellybeanbaby.com

Just Kids Clothes

Online store
604.649.3779
justkidsclothes.com

Kid Corral*

Online auction
kidcorral.ca

Kidzazles

1253 Johnston Rd, W Rock
604.531.7931

Kiddie Kobbler Shoes

2002 Park Royal South,
W Van
604.926.1616

Kidswap

Online store
604.773.1220
kidswap.ca

Köhlr Baby

Online store
604.317.5705
kohlrbaby.com

Koo Koo Design Inc

Online stores
1.866.844.7427
kookootowels.com

Kuddel Muddel Kids*

4342 Gallant Ave, N Van
604.929.2524

La Cache

2956 Granville St, Van
2002 Park Royal South,
W Van
604.731.8343
604.926.3250
aprilcornell.com

Little Blessings

3010 Cambie St, Van
1263 56th St, Tsaw
604.689.5437 (KIDS)
604.943.5437 (KIDS)
littleblessings.ca

Little Critters Outfitters

5631-176A St, Clov
604.575.2500

Little Layla's

5040 48th Ave, Delta
604.940.44901

Little Monkey Inc

604.308.5909
littlemonkeyinc.com

**Little Treasures
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604.733.0190

Luna Winters
3073 W Broadway St, Van
604.733.7305 | lunawinters.com

**MacGillicuddy's
for Little People**
4881 Mackenzie St, Van
604.263.5313

Mally Bibs
Online store
1.866.531.3255 | mallybibs.com

Merry-go-Round
2279 Elgin Ave, P Coq
604.944.0304

Mia Moon
Online store
604.904.2173 | miamoon.ca

Milk Factory Designs
Online store
778.371.8201 | milkfactory.com

Moda-Mondo Imports Inc
Baby Shoes
1.877.322.0989 | modamondo.ca

Mountain Baby
Online store
1.888.990.2292 | mountainbaby.com

Pagasa Children's Wear
185 E 16th Ave, Van
604.708.4166

Parade
Online store
604.687.7163 | parade.ca

Peekaboo Beans
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604.536.9495 | peekaboobeans.com

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PoPo's Ponchos*

Online store
604.258.9045
poposponchos.com

Posh Pigtails*

Online store
poshpigtails.com

Reflections in Stone

Online store
1.604.869.0660
reflections-in-stone-kit.com

Robeez Footwear

Online store
604.435.9011 | robeez.com

Sage Creek Canada

Online store
1.866.598.1400
sagecreekcanada.com

Simply Baby*

Online store
simplybaby.ca

Sleep Huggers Inc

Online store
1.877.462.2351
sleephuggers.com

Snuggle Bug Baby Bows

Online store
604.881.0110
mylittlebugaboo.com

Stonz Baby Booties

Online store
604.339.7776 | stonz.ca

Stuck on You

Online store
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stuckonyou.ca

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boomersandechoes.com

Davies Pharmacy, N Van

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Delta Prescription Clinic

604.594.4499

Fleetwood Pharmacy, Surrey

604.507.0970

Fraser Heights Pharmacy, Surrey

604.930.9544

Harvest Drive Pharmacy, Ladner

604.946.5220

IDA Pharmacy

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rexall.ca

Kerrisdale Pharmacy, Van

604.261.0333

Lancaster Medical Supplies & Prescriptions

Multiple locations
lancastermed.com

Lock's Prescriptions, Chwk

604.795.9489

London Drugs

Multiple locations
londondrugs.ca

MacDonalds Prescriptions,

604.734.4311
macdonaldsprescriptions.com

Maternal Instincts, Van

604.738.8300

Mothers Choice Products

604.275.9221
motherschoiceproducts.com

Mothers Comfort Breastfeeding & Pump Supplies, Surrey
604.572.5545

Pacific Prescriptions, Van
604.431.5538

Pat's Best Beginnings, Rmd
604.271.1204

Pharmasave
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pharmasave.ca

Regency Medical, Bby
604.434.1383
regencymed.com

Regency Prescriptions
Multiple locations
regencyrx.com

**Royal Columbian Hospital,
N West**
604.520.4557

Save-On Foods
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saveonfoods.com

Scott Road Pharmacy, Delta
604.591.5080

Shoppers Drug Mart
Multiple locations
shoppersdrugmart.ca

Somerset Pharmacy, Surrey
604.590.5587

South Vancouver Breast Pump Depot
604.737.7063

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604.952.3550
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604.875.3436 | cw.bc.ca/fpms

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midwiferycare.ca

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frpofbc.ca

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Society of Special Needs Adoptive Parents
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fraserhealth.ca

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