

What to Bring to Your Appointment?

- Your baby's Alberta Health Care card (unless you are a patient of the clinic)
- Baby Tylenol (bring with you, nurse will weigh baby and let you know the dosage)
- 6 diapers
- Soother (if your baby takes one)
- Baby Blanket
- Formula – if your baby is not fully breastfeeding

The appointment will take approximately 1 hour. Please do not bring siblings.

You will learn about after care at the appointment as well as receiving a handout on after care.

We will book a one week follow up check that is included.

We will give you a handout of phone numbers to contact a doctor directly if there are any concerns.