

Making Connections

You and Your Growing Baby



Contacts

Doctor/Midwife

Name:



Hospital

Name:



Relative

Name:



Friend

Name:



Public Health Nurse

Name:



Emergency



IMPORTANT

911 service may not be available outside Winnipeg.

Message to Parents

Having a baby is a special time. You probably have many questions and concerns while you wait for your baby to be born. This book will tell you what to expect during your pregnancy and labour, and how to stay healthy for you and your growing baby. Talk to your health care provider which may be your doctor, public health nurse, or midwife about questions and concerns you have.

You will learn about the stages of your pregnancy and what to expect, how your baby develops, how to eat and stay healthy, what labour and delivery is like and caring for your baby.

You can attend programs that will support you during your pregnancy and after you become a parent. Attend a program with your partner if that is possible.

You can be a great parent. Remind yourself of this every day.





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Prenatal Health Care



It is important for you and your baby that you see a health care provider. Make an appointment with a health care provider (ex: doctor, public health nurse, midwife) as soon you find out you are pregnant. Getting prenatal care early on in pregnancy will help keep you and your baby healthy. Women who see their health care provider regularly throughout their pregnancy tend to have fewer problems and healthier babies.

This section is all about health care for you and your baby. You will find answers to the following questions:

- How do I choose a doctor, public health nurse, or midwife?
- What will happen at my prenatal appointments?
- Who can I talk to about the changes in my life?

Choosing a Health Care Provider

There are different kinds of health care providers who can help care for you during your pregnancy. You can choose which one is right for you.

1. Obstetrician

- a doctor that is specially trained to care for pregnant women and deliver babies

2. Family Doctor

- trained to care for pregnant women and families
- not all are trained to deliver babies

3. Midwife

- trained to care for pregnant women with normal pregnancies and births
- may deliver babies in the home, hospital or birthing centre

4. Nurse Practitioner

- trained to provide prenatal care for pregnant women with normal pregnancies
- not trained to deliver babies

5. Public Health Nurse

- trained to provide support and care for pregnant women
- not trained to deliver babies

Things to think about when choosing a health care provider:

- Do you want a male or female health care provider?
- Is he/she easy to talk to?
- Does he/she listen to me and discuss my concerns?
- Is the office near my home?
- Is he/she easy to get in contact with by phone?
- Will he/she deliver my baby?
- Where will he/she deliver my baby (home, hospital, birthing centre)?
- What have other mothers said about health care providers they have used?

Your Prenatal Appointments

It is important to have regular appointments with your health care provider throughout your pregnancy. Your health care provider will:

- ask about your health before and after you become pregnant
- do a physical exam
- weigh you
- test your urine and blood for sugar and protein
- test your blood for anemia, etc.
- check your blood pressure
- listen to baby's heart rate
- measure the growth of your uterus
- do routine tests to make sure baby is healthy (ex: maternal serum screening, HIV, ultrasound)
- tell you how to keep your baby healthy
- answer your questions and listen to your concerns
- give you a hospital tour and discuss hospital registration
- tell you about programs for pregnant women



IMPORTANT

Write down any questions you can think of before your appointment. Bring the questions with you so you can talk about them with your health care provider.

Someone to Talk to

Being pregnant is a big change in your life. Talking to someone can help you feel better and they can support you during this time.

Talk to someone you trust (ex: your partner, a supportive friend or family member) about what you think and feel. Tell them about the things you are doing to keep you and your growing baby healthy.

You can also get support by attending a program for pregnant women.



Programs for Pregnant Women

There are programs that can help you learn about having a healthy pregnancy and a healthy baby. There are many programs for you to choose from. Listed below are some of the free programs you may be interested in:

Healthy Baby Community Programs offer support, information and resources to pregnant women and new parents/caregivers. There are over 100 program locations available across Manitoba.



At a Healthy Baby program, you can:

- Receive information about your pregnancy, baby's development or parenting ideas.
- Enjoy healthy snacks, try new recipes and learn more about nutrition and health.
- Learn about the benefits of breastfeeding and supports available.
- Do activities with your baby, visit with other pregnant women and parents.
- Receive one-on-one support.

Milk coupons are provided to pregnant women and to moms with babies up to 6 months old. Childminding for children over one year of age, and bus tickets (to attend programs) are provided where available.

Another part of the Healthy Baby program is the **Manitoba Prenatal Benefit** which is a financial benefit that can help you to meet your nutritional needs in pregnancy. The Prenatal Benefit is available to income eligible women living in Manitoba, including women in First Nations communities.

For the nearest Healthy Baby program or information on the Manitoba Prenatal Benefit, please call 204-945-1301 or toll free 1-888-848-0140 or <http://www.gov.mb.ca/healthychild/healthybaby/>



Canada Prenatal Nutrition Programs also provide supports and services to pregnant women and new families in Manitoba.

- If you live in or outside of Winnipeg, call 204-789-7699 or for a list of programs visit <http://cpnp-pcnp.phac-aspc.gc.ca/provincial-provinciale-eng.php?province=6>
- If you live in a First Nations or Inuit Community, call 204-983-4199 to learn about a Canada Prenatal Nutrition Program in your area.

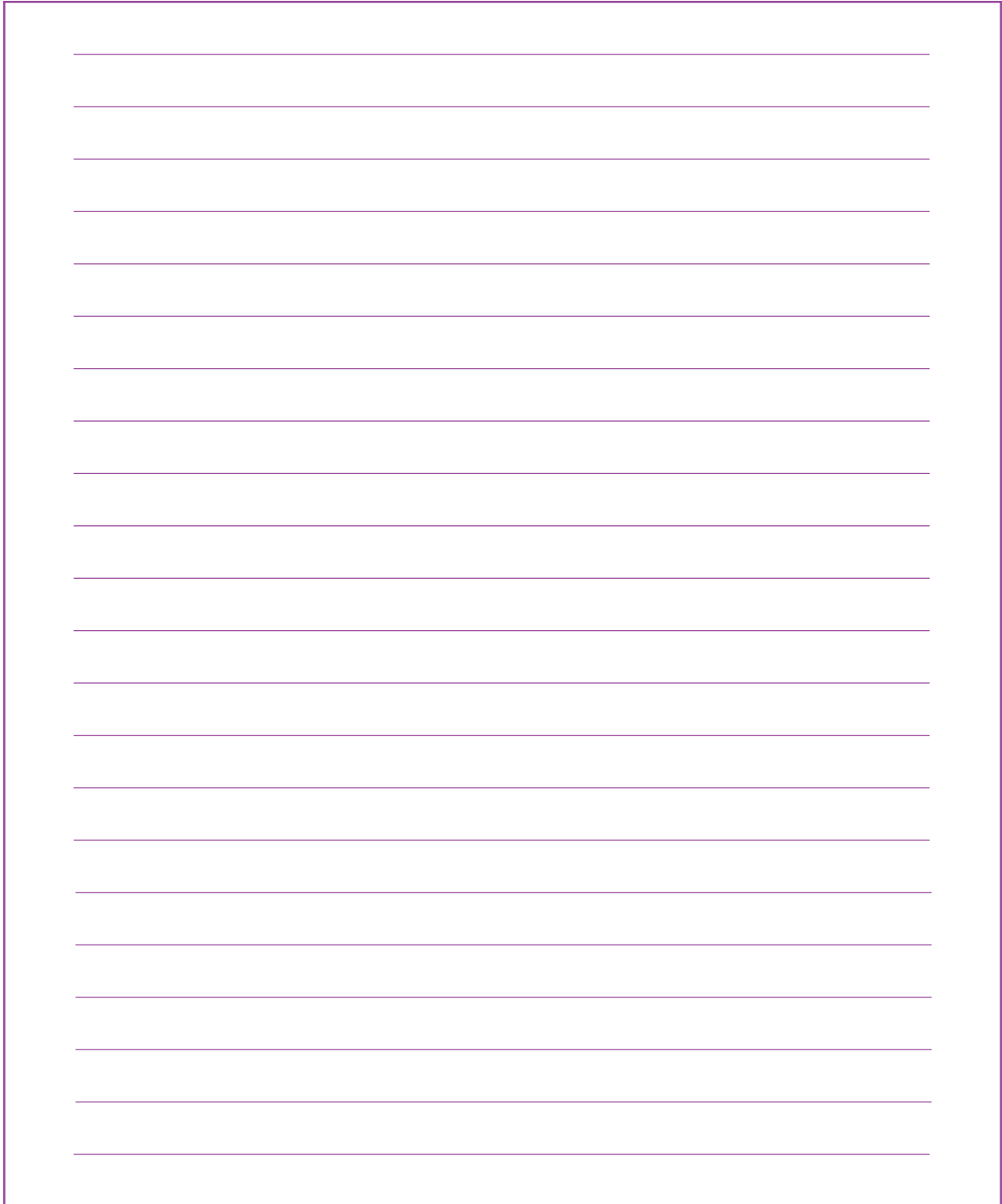
Families First is a program that offers home visiting support to families with children from pregnancy to school entry. A Public Health Nurse will visit with you to see what community resources may best meet your needs, including home visiting. A home visitor will support you in building a strong relationship with your child and family, while sharing information and suggesting activities to help your child grow up healthy and happy.

For more information, contact your Public Health Nurse, Regional Health Authority or call toll free at 1-888-848-0140.

A Public Health Nurse can be a great source of information and can help connect you to programs and services. To contact a public health nurse in your area, call your Regional Health Authority (See page 91).

The Triple P Parenting Phone Line is a new resource for every parent throughout Manitoba. Parents can access free, confidential parenting support based on the Triple P - Positive Parenting Program and ask questions on a number of parenting concerns including bedtime problems, tantrums, and toilet training etc. Parents can also participate in Triple P programs that have been adapted for delivery over the phone. The Triple P phone line is not a crisis line for parents. Crisis calls will immediately be referred to community resources better equipped to deal with these situations. For more information called 204-945-4777 or toll free 1-877-945-4777 (Monday to Friday 8am-8pm).

Notes



A large rectangular box with a thin black border, containing 20 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the box.

Your Pregnancy



Pregnancy is a time of change. For nine months, your baby will grow and develop, and you will feel new emotions and physical changes to your body.

This section is all about the changes you and your baby will go through during pregnancy.

You will find answers to the following questions:

- What are the stages of pregnancy and how will my baby develop and grow?
- How can I build a close relationship with my baby?
- How will my body change during pregnancy?
- How can I cope with these changes?



Stages of Pregnancy

It takes nine months (about 40 weeks) for a baby to develop before he/she is ready to be born. There are three stages, called trimesters, in a pregnancy. Each trimester lasts about three months long.

You can shade in the circles to show where you're at in your pregnancy.

First Trimester (weeks 1 – 12)

- Month 1
- Month 2
- Month 3

- During this stage, your baby is called an embryo.
- Near the end of the 3rd month, the embryo looks like a human baby.

Second Trimester (weeks 13 – 28)

- Month 4
- Month 5
- Month 6

- During this stage, your baby is called a fetus (keeps this name until birth).
- Near the end of the 6th month, your baby starts to suck his/her thumb and open and close his/her eyes.

Third Trimester (weeks 29 – 40)

- Month 7
- Month 8
- Month 9

- During this stage, your baby is well developed.
- He/she starts to gain weight (baby fat) and needs to strengthen his/her lungs.

You and Your Growing Baby

First Trimester (1 – 3 months)

The first trimester is an exciting time to make plans and learn about your pregnancy and how your baby grows. Do not worry if your pregnancy does not seem real to you yet. This is normal. You will feel closer to your baby later in your pregnancy, when you can feel your baby move and hear his/her heartbeat.

Your Growing Baby

At the end of this stage, your baby's:

- length is about 3 - 4 inches long
- weight is about 1 ounce
- heart is beating
- eyes, ears and nose are forming
- arms, legs, fingers, and toes are forming
- fingernails and toenails are forming
- arms and legs move - you can't feel kicks yet!
- bones are forming
- brain is quickly developing
- spine is forming
- face is forming, yet the eyes are still closed
- digestive tract is forming
- appearance changes and starts to look like a human baby
- sex is determined (male or female)



First Trimester (1 – 3 months)

Learning About Becoming a Mother/Parent



During this stage you can:

- begin a journal and write down your feelings about being pregnant and becoming a mother
- think of things you can do to take care of yourself and your growing baby
- find a health care provider you are comfortable with
- go to the library for books about pregnancy
- think about your experience as a child and decide how you want to parent your baby as he/she grows up
- get involved in a prenatal class or community group for pregnant women

Second Trimester (4 – 6 months)

Your baby is growing in new ways that make it easier for you to build a relationship with him/her. This is a very precious time. Make the most of it!

Your Growing Baby



At the end of this stage, your baby's:

- length is about 14 inches long
- weight is about 2 pounds
- eyebrows and eyelashes appear
- heartbeat can be heard by the health care provider
- eyes can open
- movements can be felt, including hiccups
- teeth begin to develop and can suck his/her thumb
- body is covered in a white coating and soft fine hair is growing

Second Trimester (4 – 6 months)

Ways to Connect with Your Baby



During this stage you can:

- sing and talk to your baby. This will help him/her recognize your voice after birth
- play your favourite music for baby
- read your favourite childhood books to your baby
- think about the things your baby might be doing (ex: moving around, sucking his/her thumb)
- pay attention to when your baby moves and compare it to what you are doing at the time
- come up with baby names

Third Trimester (7 – 9 months)

Your growing baby is almost ready to be born. Now is the perfect time for you to get ready for labour and birth, and to prepare your home for your newborn.

Your Growing Baby

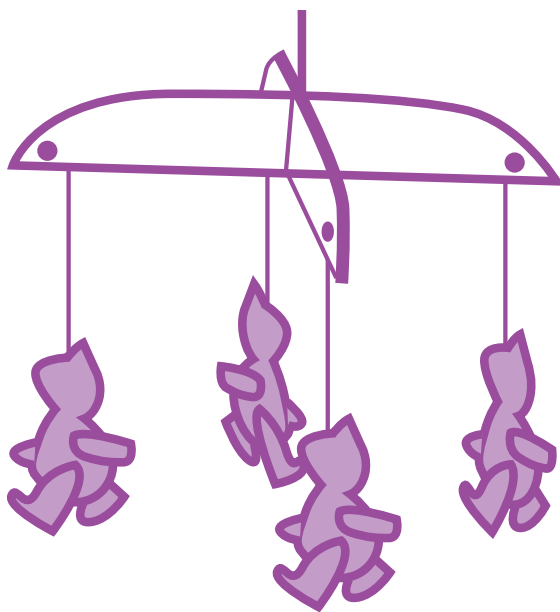


By the end of this stage, your baby's:

- length is about 19-20 inches long
- weight is about 7½ pounds
- body is chubby
- skin is less wrinkly
- hearing is developed so he/she can recognize sounds (ex: your voice)
- movements change – no more somersaults but still kicks and wiggles a lot
- position may change and his/her head will move down, getting ready for birth
- brain is developed
- hair is present
- sex organs are developed
- eyes are sensitive to light

Third Trimester (7 – 9 months)

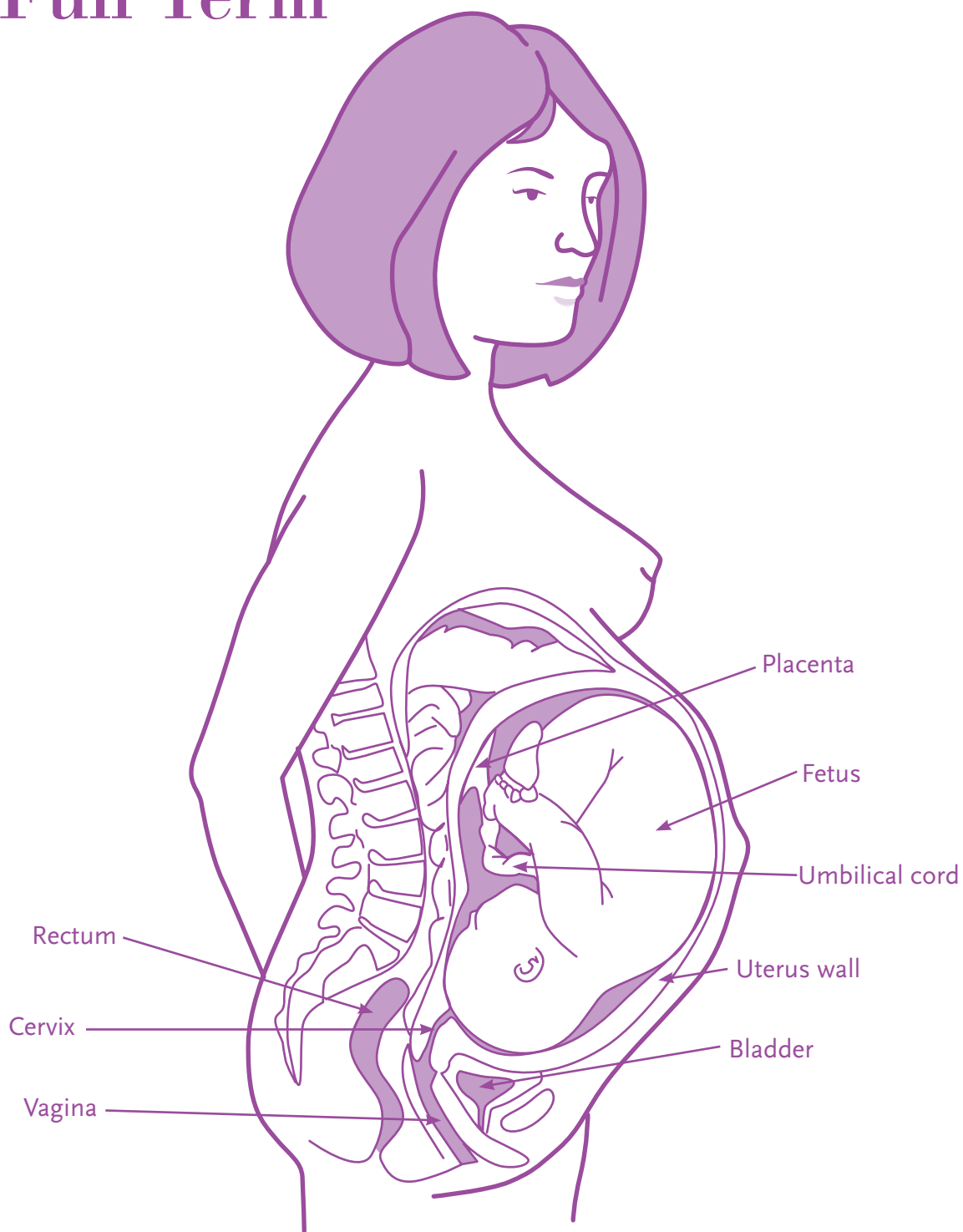
Ways to Get Ready for Your Baby



During this stage you can:

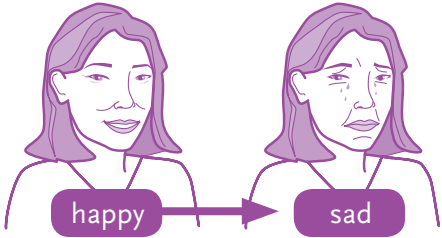


- get together with other mothers to hear their stories about labour and birth and taking care of a new baby
- talk to your health care provider about labour and birth
- take a tour of the hospital
- make a plan of who you want at the hospital with you when you deliver (ex: mother, friend, partner)
- make a list of baby needs, how much they will cost and start to save for important baby things
- buy some of your baby's things or try to borrow baby things from friends and family
- set up a room or area in your home for your baby
- arrange for family and friends to help you when you get home from the hospital
- think about ways you can calm your baby when he/she cries
- find out about resources that will help you

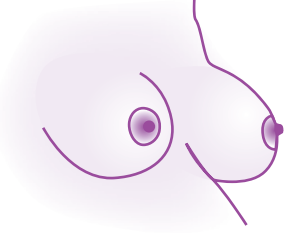


Baby and Mom at Full Term




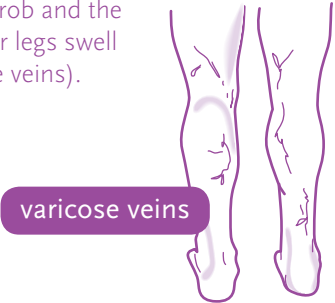
Pregnancy Changes



First Trimester (1 – 3 months)

What Might Happen	Cause	What to Do
<p>You may have mood swings while you adjust to the changes in your body.</p>  <p>The illustration shows two faces of a woman. The left face is smiling and has a 'happy' label below it. An arrow points to the right face, which is frowning and has a 'sad' label below it.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • Discuss your feelings with your partner, close friends, and family. • Tell your health care provider if you cannot get rid of these feelings or if you always feel sad.
<p>You may have “morning sickness” and are throwing up. Usually ends by the 4th month.</p>  <p>The illustration shows a woman on the left holding her hand to her mouth as if sick. On the right, a woman is bent over a toilet, vomiting.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • Eat bland food like dry toast/crackers before you get out of bed. • Lift yourself slowly out of bed. • Eat small portions every 1 - 2 hours. • Stay away from spicy, fatty and fried foods. • Avoid drinking liquids and eating a meal at the same time. • Tell your health care provider if you regularly throw up (especially after the 4th month of pregnancy.)
<p>You pee a lot.</p>  <p>The illustration shows a pregnant woman running towards a toilet. Above her are three clock faces, each showing a different time, indicating frequent urination.</p>	<p>Uterus pressing against bladder Hormonal changes</p>	<ul style="list-style-type: none"> • Reduce how much you drink in the evening. • Do Kegel exercises: tighten and relax your pelvic muscles like you are trying to stop the flow of pee. Ask your health care provider how to do this if you are unsure. • Empty your bladder completely.

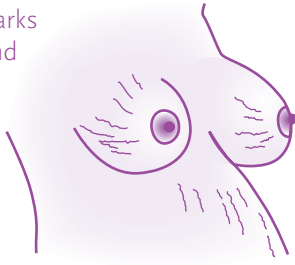
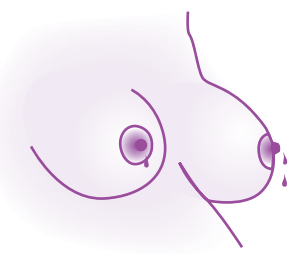
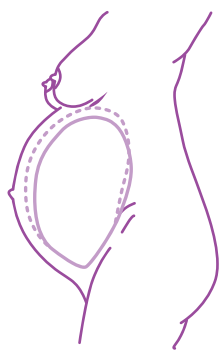

What Might Happen	Cause	What to Do
<p>You have a thin milky fluid that comes from your vagina.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • Use a pantyliner or pad and change it frequently. • Keep this area clean and dry. • Contact your health care provider if the fluid has a bad odour or makes you itch.
<p>Your breasts become tender, grow bigger and your nipples get darker.</p> 	<p>Your body is getting ready for breastfeeding</p>	<ul style="list-style-type: none"> • Wear a comfortable supportive bra. • If breasts are uncomfortable, wear a bra at night (even when you sleep). • Keep soap away from the nipple area.
<p>You feel “lightheaded” or dizzy.</p>	<p>Blood system is working harder for you and your baby</p>	<ul style="list-style-type: none"> • Get up slowly from sitting or laying down.
<p>You feel tired.</p> 	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • Get some rest. • Eat small portions of food throughout the day. • Drink a lot of liquids. • Accept help from your partner, family or friends.
<p>You lose interest in activities and notice a decrease in your sex drive.</p> 	<p>Feeling tired and ill</p>	<ul style="list-style-type: none"> • Talk to your partner about how you feel.

Second Trimester (4 – 6 months)

What Might Happen	Cause	What to Do
<p>Your relationship with your baby grows. You feel fluttering bubbles in your tummy.</p> 	<p>Pregnancy feels more real Baby moves inside you</p>	<ul style="list-style-type: none"> • Pay attention to what your baby does. • Enjoy the feeling. • Tell your health care provider.
<p>Your legs throb and the veins in your legs swell up (varicose veins).</p> 	<p>Pressure from your growing baby</p>	<ul style="list-style-type: none"> • Walk to help increase your blood flow. • Rest with your feet up. • Tell your health care provider. • Do not wear tight clothing, especially knee highs. • Wear support stockings.
<p>You are less sick, you pee less often, and you have more energy.</p>	<p>Body adjusts to being pregnant Baby moving off your bladder</p>	<ul style="list-style-type: none"> • Appreciate this time.
<p>Your skin colour may change.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • When outside, wear a hat or use sunblock with an SPF 15 or more. • Sun can worsen skin discolouration.


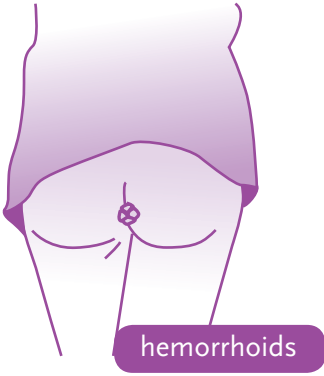

What Might Happen	Cause	What to Do
<p>Your gums bleed.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> • Brush and floss your teeth daily. • Go to your dentist at least once during your pregnancy.
<p>You feel pain in your lower back.</p> 	<p>Growing abdomen and soft joints</p>	<ul style="list-style-type: none"> • Perform a pelvic tilt: pull in your stomach and bum to make your back flat. • Wear flat shoes instead of heels. • Don't stand for a long periods of time. • Use good posture when lifting and carrying objects. • Get a massage.
<p>You are constipated (hard bowel movements).</p>	<p>Hormones and pressure from your baby on the bowels</p>	<ul style="list-style-type: none"> • Drink 6 - 8 glasses of fluid every day. • Eat more fibre (ex: whole grains, beans, figs). • Get some exercise like walking or swimming. • Talk to your health care provider.
<p>Your ankles and hands swell up.</p> 	<p>Extra fluid in the body Slower circulation</p>	<ul style="list-style-type: none"> • Rest with your feet up. • Sleep on your left side. • Do not lie on your back. • Tell your health care provider. • Do not sit or stand for long periods of time. • Avoid crossing your legs. • Wear loose clothing.
<p>Your sex drive increases.</p>	<p>Feeling better (less tired and less ill)</p>	<ul style="list-style-type: none"> • Talk to your partner about how you feel.




Third Trimester (6 – 9 months)

What Might Happen	Cause	What to Do
<p>You have stretch marks on your stomach and breasts.</p> 	<p>Skin stretching</p>	<ul style="list-style-type: none"> • Use lotion to help reduce the itching.
<p>Fluid leaks from your breasts.</p> 	<p>Body is getting ready for breastfeeding</p>	<ul style="list-style-type: none"> • Use breast pads in your bra.
<p>You experience Braxton-Hicks contractions.</p> 	<p>Uterus tightens and then relaxes</p>	<ul style="list-style-type: none"> • Walk around. • Stay calm and breathe deeply. • Contact your health care provider if the contractions continue.
<p>You feel cramping in your legs.</p> 	<p>Decrease in circulation Weight gain</p>	<ul style="list-style-type: none"> • Elevate your feet. • Stretch your legs and feet. Point your toes back and forth. • Eat calcium-rich food (ex: cheese, tofu, yogurt).

IMPORTANT

See “Signs of Labour” on page 59 to understand the difference between false labour contractions and true labour contractions.

What Might Happen	Cause	What to Do
<p>You feel a burning sensation in your chest and throat (heartburn).</p> 	<p>Baby pressing on your stomach</p>	<ul style="list-style-type: none"> • Avoid spicy and fried foods. • Do not drink liquids with meals. • Eat smaller portions. • Do not lie down after a meal. • Elevate the head of the bed. • Drink 1 cup of milk.
<p>You are constipated and have hemorrhoids (swelling around your rectum).</p> 	<p>Baby pressing on your bowels</p>	<ul style="list-style-type: none"> • Eat more fibre (ex: whole grains, beans, figs, dried fruit). • Drink lots of liquids. • Walk a lot. • Do not sit or stand for long periods of time. • Tell your health care provider. • Sleep on your left side. • When sitting, elevate your legs. • Try Kegel exercises: tighten and relax your pelvic muscles like you are trying to stop the flow of pee. • Do not strain or push hard when having a bowel movement.
<p>You are short of breath.</p> 	<p>Growing baby pressing on your lungs</p>	<ul style="list-style-type: none"> • Keep your head raised when you sleep (2 or more pillows). • Wear loose-fitting clothing. • Have good posture. • Talk to your health care provider if your breathing is not better toward the end of your third trimester.

What Might Happen	Cause	What to Do
<p>You feel nervous about going through labour and giving birth.</p> 	<ul style="list-style-type: none"> • Growing tired of pregnancy • Feelings about your body have changed 	<ul style="list-style-type: none"> • Do other things to distract yourself (see friends, get things ready for baby). • Tell yourself your baby will be born soon.
<p>You pee more often. You may leak some urine when you cough, sneeze or laugh.</p> 	<p>As baby moves down, your uterus presses on the bladder</p>	<ul style="list-style-type: none"> • Do Kegel exercises: tighten and hold the muscles around your vagina and anus (See page 70). • Do this exercise throughout each day at least 25 times.
<p>Your sex drive decreases.</p> 	<p>Growing abdomen causes discomfort</p>	<ul style="list-style-type: none"> • Talk to your partner about how you feel.

A Message to the Father-to-be

Becoming a father for the first time is a very special event. But many men worry about being a new father. This is normal.

Talk to your partner about becoming a father. Tell her how you feel about babies. Ask her how you can help with her pregnancy. Your most important job may be to understand your partner's feelings. Pregnant women may have many different moods. This is normal, too!

You can go to a program with your partner before the baby is born. These programs will teach you how to care for your baby. They will also help you if you want to be in the room with your partner when the baby is born.

You will be a very important person to your new baby. You can make the baby feel safe when you are nearby. You and your partner will also teach your baby many things as he/she grows up.

Talking to your new baby is also important. Babies like the deep sound of a man's voice, even before they are born!

Tell yourself every day that you have the skills to be a good father (you do) and you will be.

North Kingston Community Health Centre. (Special Delivery Club: User's Guide, 3rd Edition.)



Your Growing Baby's Calendar

	First Trimester	Second Trimester	Third Trimester
What is happening to my baby as he/she grows and develops.			
Something I did for my baby.			
What I want to remember about my pregnancy.			

Things to Know When You're Pregnant



Pregnancy causes many changes. Most changes are normal and are part of being pregnant. Some changes are not normal and are signs that something may be wrong. It is important to know these signs so you can report them to your health care provider.

This section is all about knowing when to get medical help. You will find answers to the following questions:

- What signs are not normal in pregnancy?
- What are the signs of preterm labour?
- What do I do if I experience any of these signs?

Signs That You Need to Get Help

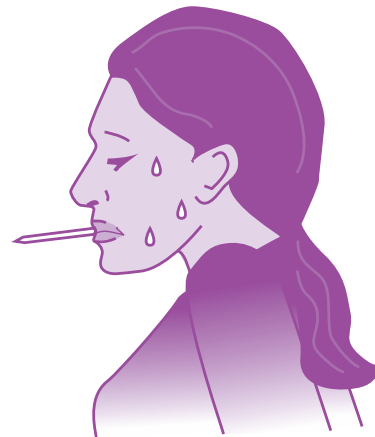
Contact your health care provider if you have any of these signs:

- Vaginal bleeding

- Dizzy, feeling faint
- Loss of consciousness

- Sharp pain in your stomach

- High temperature (fever)
- Chills or rash after fever



- Vomiting a lot

- Feeling sad and crying a lot



- Baby moves less or is not moving at all

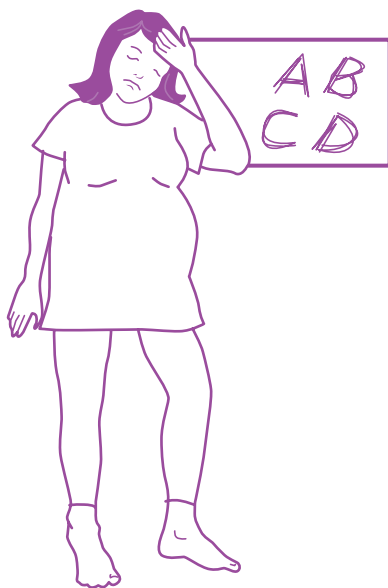


- Smelly fluid from your vagina that makes you itch

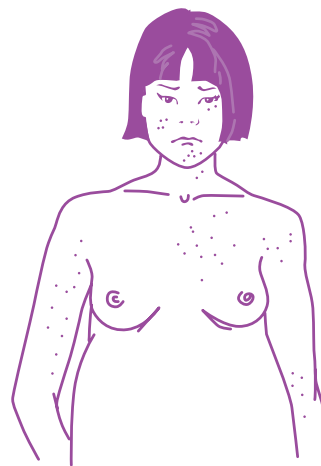
- Pain when peeing
- Urine darkens in colour



- Swelling in your face, hands, legs, and ankles
- Painful headaches that will not go away
- Gaining weight very fast
- Blurry vision or seeing spots
- Chest pain



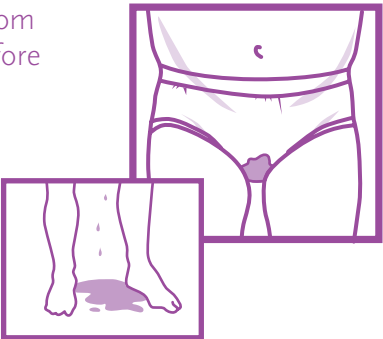


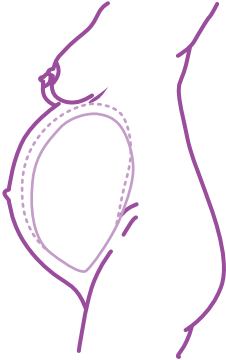
- Strange spots on your face and body that were not there before
- May have been exposed to an infectious disease (ex: Hepatitis B, Sexually Transmitted Infections (STIs), HIV)



Preterm Labour

Preterm labour means going into labour before you are 37 weeks pregnant, and can lead to your baby being born too early. Babies who are born too early have a higher risk of health problems and often need to stay in the hospital for special care.

Preterm Labour Signs

<ul style="list-style-type: none">• Vaginal bleeding	<ul style="list-style-type: none">• Feeling that something is wrong
<ul style="list-style-type: none">• Sudden increase in vaginal discharge	<ul style="list-style-type: none">• Cramps that feel similar to when you have your period
<ul style="list-style-type: none">• Water leaking from your vagina (before 37 weeks) 	<ul style="list-style-type: none">• Pelvic pressure that feels like your baby is pushing down 
<ul style="list-style-type: none">• Unusual dull pain in your lower back• Need to pee urgently and often 	<ul style="list-style-type: none">• Contractions (uterus tightening) that do not go away, become regular and get stronger and closer together• Stomach pains that do not stop (with or without diarrhea) 

What do I do if I have these signs?

- Stop any activities
- Call your health care provider
- Call the labour and delivery ward at the hospital
- Go to the hospital (Emergency!)

You may not be able to prevent preterm labour, but there are some things you can do to increase the chances that your baby will be born at the right time.

- See your health care provider as soon as you find out you are pregnant.



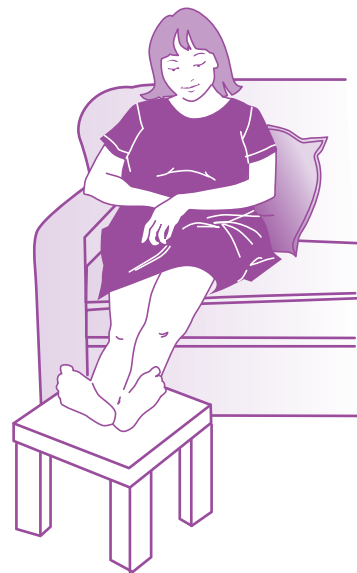
- Quit smoking or cut down the amount.



- Start going to a program for pregnant women as early in your pregnancy as possible.



- Take time to rest and relax every day.



- Talk to your health care provider if you have a smelly vaginal fluid that makes you itch.



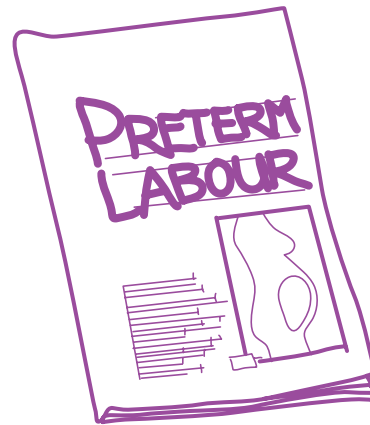
- Eat healthy food.
- Use Canada's Food Guide.



- Talk to health care provider if it hurts to pee.



- Know the signs of preterm labour and what to do if they happen to you.
- Know your body and how it adjusts to changes in pregnancy.
- Figure out how to keep stress manageable.
- Talk to your health care provider, friend or family.





Understanding Pregnancy Concerns

1. Summer is 2 months pregnant. She and her partner want to make sure their baby is healthy and safe. Her partner wants to know what the danger signs of pregnancy are and what to do if they happen. What should Summer tell her partner?

2. Andrea is 4 months pregnant. She starts having cramps while watching a movie with friends. Her friends tell her not to worry because cramps are common for pregnant women. What is the best thing for Andrea to do?

3. Adaeze is 7 months pregnant. She is going for a walk when she feels liquid coming from her vagina. She goes to a washroom to see what it is. There is a wet mark on her underwear. Adaeze cannot tell if it is pee or liquid from her bag of water. What is the best thing for Adaeze to do?



Answers

1. Summer should talk to her partner about the signs of a dangerous pregnancy (See “Signs That You Need to Get Help” on page 26). She should also tell her partner what to do if she has any of the danger signs (ex: contact her health care provider, take her to the hospital).
2. Cramps are a sign of early labour (See “Preterm Labour Signs” on page 28). Andrea should go to the hospital immediately to have the cramps checked out.
3. Adaeze should go the hospital immediately to find out if the wetness is a serious problem.

Eating Healthy



What you eat is very important when you are pregnant. All the food your baby gets comes from you. Eating healthy foods will help your baby grow and develop. It will also make you feel and look better.

This section is all about what to eat. You will find answers to the following questions:

- What healthy foods do I need while pregnant?
- What nutrients do I need while pregnant?
- What foods should I avoid?
- How much weight should I gain?

Healthy Eating for You and Your Baby

Key messages for pregnant women and breastfeeding women:




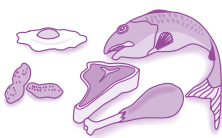
- Follow Canada's Food Guide
- Aim for 3 meals a day with healthy snacks in between
- Take a daily multi-vitamin that has 0.4 mg of folic acid and 16-20 mg of iron during pregnancy*
- During your 2nd and 3rd trimester of pregnancy and during breastfeeding, add 2 to 3 more Food Guide servings each day. For example: a fruit and yogurt for a snack or an extra slice of toast at breakfast and an extra glass of milk at supper
- Be active each day. Talk to your health care provider about exercise/being active during pregnancy

*All women who could become pregnant and those already pregnant or breastfeeding need a daily multivitamin with 0.4 mg of folic acid. Taking folic acid and following “*Eating Well with Canada's Food Guide*” will lower the risk of neural tube defects (NTDs) in pregnancy and meet your extra needs when breastfeeding.

For a copy of “*Eating Well with Canada's Food Guide*” call 1-866-225-0709 or download at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

Recommended Number of Food Guide Servings per Day

The chart shows how much food you need from each of the four food groups every day. Find your age in this chart to see how much food you need. If you are pregnant and in your 2nd or 3rd trimester or breastfeeding add 2 to 3 extra servings each day to the total amount you eat.

	Teens Age 14-18	Adults Age 19-50	Examples
Vegetables and Fruit 	7	7-8	<ul style="list-style-type: none"> • Fresh, frozen or canned fruits and vegetables • Leafy vegetables • 100% juice
Grain Products 	6	6-7	<ul style="list-style-type: none"> • Breads • Cooked rice, bulgar and quinoa • Cereal • Cooked pasta or couscous <p><i>Make at least 1/2 of your grain products whole grain.</i></p>
Milk and Alternatives 	3-4	2	<ul style="list-style-type: none"> • Milk (low fat) • Fortified soy beverage • Yogurt • Cheese (low fat) • Kefir
Meat and Alternatives 	2	2	<ul style="list-style-type: none"> • Cooked fish, shellfish, chicken and leanmeat • Cooked beans and lentils • Eggs • Peanut or nut butters • Tofu • Shelled nuts and seeds <p><i>Eat 150g (2 servings) of fish each week.</i></p>

Include a small amount - 30 to 45 ml (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

For information on Canada's Food Guide call 1-866-225-0709 or visit www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php or www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php (First Nations, Inuit, Metis).

Healthy Recipes to Try

Try some of these recipes which are high in some of the nutrients that you and your growing baby need.

Vegetable Stir Fry

Excellent source of vitamin C and folic acid
Good source of fibre and calcium

Ingredients

- 2 cups chopped broccoli
- 2 teaspoons vegetable oil
- 2 medium onions, sliced
- 1 cup sliced carrots
- ½ cup celery, thinly-sliced
- 2 teaspoons cornstarch
- 3 tablespoons cold water
- 1 – 2 tablespoons soy sauce
- ground black pepper



Method

1. Turn the stove on to high heat. Fill a mid-size saucepan halfway with water and bring to a boil. Add broccoli and cook for 1 minute. Drain.
2. Heat oil in a large frying pan over medium-high heat. Add broccoli and the rest of the vegetables. Cook for 4 – 6 minutes or until vegetables are crisp-tender.
3. Mix cornstarch, cold water, and soy sauce in a small bowl. Add mixture to the vegetables. Cook and stir until sauce boils and thickens. Add pepper to taste. Serve immediately.

Makes 4 servings.

Fruit Smoothie

Excellent source of calcium

Ingredients

- 6 strawberries, fresh or frozen
- 1 banana broken into chunks
- 1 cup milk (250 ml)
- 1 cup yogurt (250 ml)
- Other fruit you can try: blueberries, kiwi, canned peaches, pineapple or apricots.



Method

1. Combine all ingredients in a blender. Blend until smooth.
2. For an iced smoothie add crushed ice or freeze the yogurt before adding it in.

Makes 2 servings.

Vegetarian Chili

Excellent source of protein and iron

Good source of calcium and fibre

Ingredients

- 1 can kidney beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 can black beans, drained and rinsed
- 2 large cans stewed tomatoes
- 1 medium onion, diced
- 1 red or green pepper, diced
- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- 1 cup mushrooms, sliced
- 1 cup carrots, peeled and chopped
- 1 cup celery, thinly sliced
- 1 tablespoon olive oil
- 3 tablespoons chili powder
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon basil

Method

1. Turn stove to medium-high heat. Sauté onions and garlic in olive oil. Add vegetables and sauté for about 3 – 4 minutes or until vegetables soften.
2. When vegetables are almost done, add herbs and spices. Sauté for 1 more minute.
3. Add drained beans and tomatoes. Simmer, partially covered, at medium-low heat for at least 1 hour.

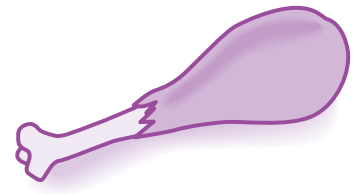
Makes 10 – 12 servings.

Tropical Chicken

Excellent source of protein
Good source of iron

Ingredients

- $\frac{3}{4}$ cup 100% orange juice
- $\frac{1}{2}$ cup canned, crushed pineapple
- 2 chicken breasts or 4 chicken legs (no skin, bone in)



Method

1. Mix orange juice and crushed pineapple in a bowl.
2. Lightly spray a baking dish with oil. Place the chicken in the dish and pour the orange-pineapple sauce over the chicken.
3. Bake at 375°F for 1 hour 15 minutes or until cooked through. Baste chicken breasts with sauce every 20 minutes.

Makes 4 servings.

Food Safety

During pregnancy, both you and your unborn baby are at an increased risk for foodborne illness. This is because of all the changes taking place in your body makes your immune system weaker, and you are less able to fight off infections.

Both you and your baby are more susceptible to bacteria, viruses and parasites such as *Listeria monocytogenes*, *Salmonella*, *E. coli*, *Campylobacter jejuni* and *Toxoplasma gondii*.

Here are some quick but important food safety tips to keep in mind in your kitchen:

Cook: Always cook food to a safe internal temperature. You can only check this by using a digital food thermometer. Health Canada advises specific cooking temperatures for food:

Internal Cooking temperatures

Food	Temperature
Beef, veal and lamb (pieces and whole cuts)	
Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
Pork	
Pork (pieces and whole cuts)	71°C (160°F)
Poultry (for example, chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	85°C (185°F)
Ground meat and meat mixtures (for example, burgers, sausages, meatballs, meatloaf, casseroles)	
Beef, veal, lamb and pork	71°C (160°F)
Poultry	74°C (165°F)
Egg	
Egg dishes	74°C (165°F)
Others	
Others (for example, hot dogs, stuffing, leftovers, seafood)	74°C (165°F)

Clean: Wash your hands and surfaces often with warm, soapy water. Wash all vegetables and fruits. Wash the skin of honeydew, cantaloupe and watermelon with warm water before cutting them into pieces you will eat.

Chill: Always refrigerate food and leftovers promptly at 4°C or below (within 2 hours).

Separate: Make sure to always separate your raw foods, such as meat and eggs, from cooked foods and vegetables to avoid cross-contamination.

Defrost: food in the refrigerator, in cold water or in the microwave, but never at room temperature.

Foods to Avoid and Safer Options

During your pregnancy avoid eating some types of foods and choosing safer options. Health Canada advises you to follow these recommendations:

Type of Food	Food to Avoid	Safer Alternative
Egg and egg products	Raw or lightly cooked egg or egg products, including salad dressings, cookie dough or cake batter sauces, and drinks such as homemade eggnog.	Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm. Homemade eggnog must be heated to 71°C (160°F).
	Tip: Pasteurized egg products can be used when making uncooked food that calls for raw eggs.	
Dairy products	Raw or unpasteurized dairy products, including soft and semi-soft cheese, such as Brie, Camembert and blue-veined cheese.	Pasteurized dairy products, hard cheeses such as Colby, Cheddar, Swiss, and Parmesan.
Meat and poultry	Raw or undercooked meat or poultry, such as steak tartare.	Meat and poultry cooked to a safe internal temperature. (refer to the Internal Cooking Temperatures Chart)
	Tip: To help prevent foodborne illness, remember to use a digital food thermometer to check the internal temperature.	
Seafood	Raw seafood, such as sushi. Raw oysters, clams, and mussels. Refrigerated, smoked seafood.	Seafood cooked to a safe internal temperature of 74°C (165°F). Cook until the shell has opened. Smoked seafood in cans that do not require refrigeration until after opening.
	Tip: Refrigerated smoked seafood can be eaten safely when fully cooked to a safe internal temperature, such as in a casserole.	
Fish	Tuna (fresh/ frozen), shark, swordfish, marlin, escolar, orange roughy. Limit to 150 grams or 5 oz per month. Canned white albacore tuna limited to 300 grams (10 oz per week).	Fully cooked, canned or shelf-stable fish such as salmon, trout, herring, haddock, pollock, sole flounder, whitefish, bass, carp. Canned light tuna.
	Tip: Walleye/pickarel/northern pike can be eaten safely with amounts limited to 3 servings (75 g or 2.5 ounces) per month.	

Type of Food	Food to Avoid	Safer Alternative
Hot dogs	Hot dogs straight from the package without further heating.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog is steaming hot or 74°C (165°F)
	Tip: To help prevent foodborne illness, avoid spreading fluid from packages onto other food, cutting boards, utensils, dishes and food preparation surfaces. Wash your hands after handling hot dogs.	
Deli meats	Non-dried deli meats, such as bologna, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
Sprouts	Raw sprouts such as alfalfa, clover, radish, and mung beans.	Thoroughly cooked sprouts.
Pâtés and meat spreads	Refrigerated pâtés and meat spreads.	Pâtés and meat spreads sold in cans or those that do not require refrigeration until after opening.
Fruit juice and cider	Unpasteurized fruit juice and cider.	Unpasteurized fruit juice and cider brought to a rolling boil and cooled. Pasteurized fruit juice and cider.

For more information about food safety & food handling during pregnancy, breastfeeding and after baby is born, visit: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php> and for more information about eating fish that is safe visit: <http://www.hc-sc.gc.ca/fn-an/pubs/nutrition/omega3-eng.php>

Healthy Weight Gain

It is normal and healthy to gain weight during your pregnancy. Your body puts on weight to give your baby a healthy start in life. Steady weight gain tells you:

- Your baby is growing.
- Your uterus and placenta are getting bigger.
- Your body is making more blood to carry food and air to your baby.
- Your breasts are getting ready for breastfeeding.

How much weight should I gain?

Women usually gain about 25 - 35 pounds during their pregnancy. The amount of weight you should gain depends on whether you are average weight, underweight, or overweight before you get pregnant. It is important that weight gain is steady throughout your pregnancy.

Ask your health care provider how much weight gain is healthy for you.

Where does the extra weight go?

0.5 - 1 kg (1 - 2 lbs)

Breasts

- grow larger to prepare for breastfeeding

1.5 kg (3 lbs)

Uterus

- gets 20 times bigger to hold your baby

0.5 - 1 kg (1 - 2 lbs)

Placenta

- forms during pregnancy to deliver nutrients to your baby and to pass waste from your baby to you

2 kg (7 lbs)

Blood and Extra Fluid

- body makes more blood to carry food and air to your baby

3 - 4 kg (6 - 8 lbs)

Muscle and Fat

- increase to help your body take care of your baby

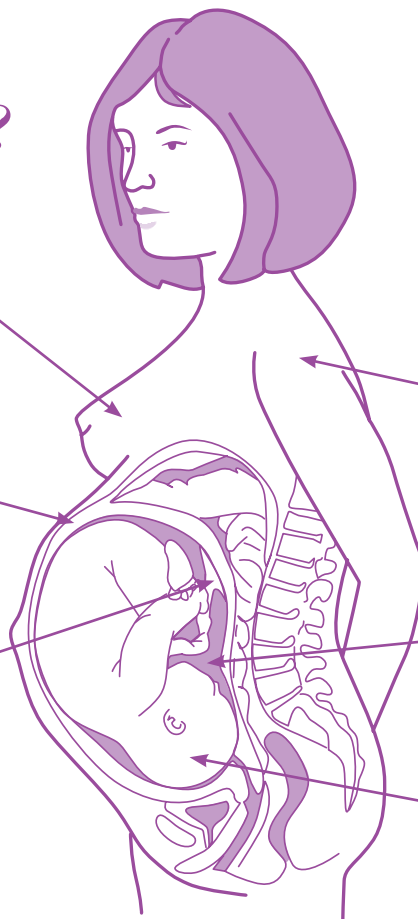
0.9 kg (2 lbs)

Amniotic Fluid

- baby floats and grows in this sack of water

3.5 - 4 kg (7 - 8 lbs)

Your Baby



Answers to Common Questions

1. Can I drink coffee, tea, or soft drinks?

All of these drinks have caffeine in them. It is not healthy for your baby if you drink too much caffeine. Limit caffeine such as coffee, tea, or pop to 300 mg or about 2 cups per day. Try healthier beverages like water, milk, or 100% juice.

Some teas are not safe to drink during pregnancy. Ask your health care provider for a list of safe teas.



2. Can I eat salt?

You do not have to stop eating salt unless your health care provider tells you to. Both you and your baby need salt but too much salt is unhealthy. Try to limit foods that are very high in salt (ex: canned and processed foods and snack foods). Cook with less salt.

3. Do I need to take prenatal vitamins?

Health Canada recommends that all pregnant women take a daily multi-vitamin with 0.4 mg of folic acid and 16-20 mg of iron.

All women who could become pregnant and those already pregnant or breastfeeding need a multi-vitamin containing folic acid every day. Taking folic acid and following “*Eating Well with Canada’s Food Guide*” will lower the risk of neural tube defects (NTDs) in pregnancy and meet your extra needs when breastfeeding.

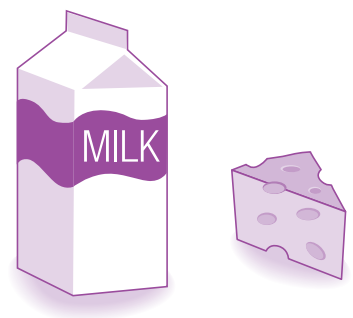


IMPORTANT

Vitamin pills are not a replacement for healthy foods.

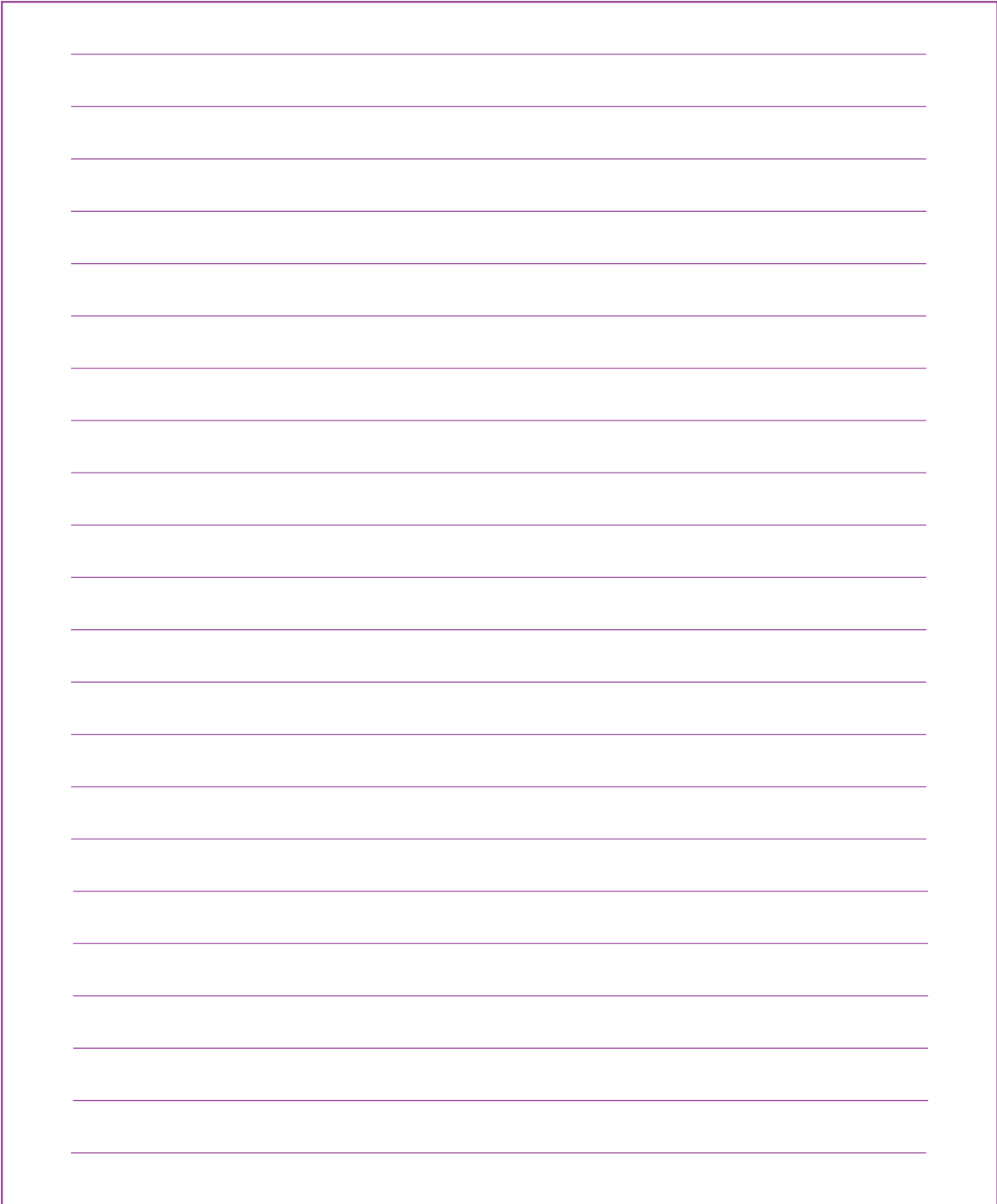
4. Do I need to drink milk?

You and your baby both need calcium to stay strong and healthy. Milk is rich in calcium. If you do not like milk, then choose other calcium-rich foods (ex: cheese, yogurt, orange juice fortified with calcium, canned salmon with bones, sardines, fortified soy beverages, tofu set with calcium sulphate, broccoli, okra, almonds, etc.). Talk to your health care provider about ways to get the calcium you need. They may suggest you take Vitamin D during your pregnancy.





Notes



Staying Healthy During Pregnancy



Now that you are pregnant, it is even more important to take care of yourself. Being healthy is the most important thing you can do for yourself and your baby. You will find answers to the following questions:

- What are my growing baby's needs?
- Are my activities healthy?
- What can I do to lead a healthier lifestyle?

Healthy Changes I Could Make

Do you smoke?

Yes No



Do you drink alcohol?

Yes No



Do you take drugs?

Yes No



Do you take medication without checking with your health care provider?

Yes No



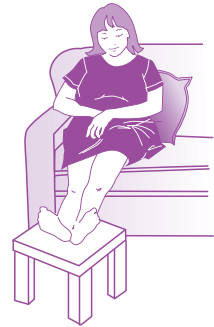
Do you exercise?

Yes No



Do you take time to relax every day?

Yes No



Do you have someone to talk with about your concerns?

Yes No



Do you see your health care provider regularly?

Yes No



Do you eat in a healthy way?

Yes No



Do you limit the amount of coffee, tea or pop that you drink?

Yes No



Smoking

It is harmful to you and your baby if you smoke during pregnancy or are around people who smoke.

Smoking can cause:

- miscarriage/stillbirth (loss of baby)
- problems with labour and delivery
- the baby to be too early (preterm) and sick
- the baby to have a low birth weight
- the baby to have a higher risk of learning problems when he/she grows up
- Sudden Infant Death Syndrome (SIDS) (sudden death of baby)
- lower absorption of nutrients in food and lower appetite



What to Do

- Stop or reduce smoking. For help call Smokers Help line at 1-877-513-5333.
- Reducing your smoking by any amount at any time in your pregnancy increases the chances that you and your baby will be healthier.
- Ask your health care provider for help to quit or smoke less.
- Ask family and friends to not smoke around you during your pregnancy and after your baby is born.



Alcohol

No amount of alcohol is safe to drink when you are pregnant.

Drinking alcohol during pregnancy can cause your baby to have many health problems. These problems will not go away as your baby grows up.



Alcohol use during pregnancy can cause children to have:

- problems with the development of the brain
- learning problems
- low birth weight
- birth defects
- trouble talking/walking
- developmental delays
- behaviour problems
- lower IQ
- memory problems
- hyperactivity or attention problems

When children have many of these problems, caused by alcohol use in pregnancy, it is called fetal alcohol spectrum disorder (FASD).

What to Do

- Ask a friend, family member or health care provider for help.
- If you have questions about alcohol use during your pregnancy, call Motherisk for support at 1-877-327-4636.
- If you want support to stop drinking call Addictions Foundation of Manitoba - Womens Services, in Winnipeg at 204-944-6229 or toll free 1-866-638-2561.

Drugs and Medications

Drugs

Drugs like marijuana, crack, cocaine, methamphetamine, heroin, and LSD are unsafe during pregnancy. These drugs can harm both you and your baby.

Drug use during pregnancy can cause:

- baby to be born too soon (preterm)
- baby to be born too small (low birth weight)
- baby to have developmental delays and problems with behaviour
- breathing problems for your baby
- baby to go through drug withdrawal



What to Do

- Stop or reduce drug use. For help call Addictions Foundation of Manitoba - Womens Services, in Winnipeg at 204-944-6229 or toll free 1-866-638-2561.
- Ask your health care provider for help to quit or get into a drug support program.

Medications

Some medications are safe to take during pregnancy. Other medications can harm your baby. Some dangerous medications are ones that you can buy over-the-counter without a doctor's note (ex: cough syrup, eye drops, headache pills, allergy pills).

There are also prescription medications such as valium, restoril, oxycontin, xanax, etc., that are dangerous to use during your pregnancy.

What to Do

- Ask your health care provider about any medications you are taking to see if they are safe to take during pregnancy.
- To answer about drugs or medications, call Motherisk at 1-877-327-4636, 1-877-439-2744, or <http://www.motherisk.org/women/index.jsp>.





Violence and Abuse

You deserve to be in a healthy relationship where there is trust, respect, honesty, and equality between you and your partner. Sometimes abuse can begin or get worse during pregnancy and can cause harm to you and your baby. Abuse includes physical, verbal, psychological, emotional, sexual and property damage.

What to Do

- Go to someone you trust if your partner starts abusing you.
- For help call the Domestic Violence Crisis line at 1-877-977-0007

Stress

Being pregnant can be one of life's most joyous experiences. Pregnancy can also cause you to feel stress about the changes you are going through (ex: body changes, people treating you differently, feeling scared about becoming a parent). Stress is normal but it is important to find ways to cope with your feelings if you often feel anxious or tense.

What to Do

- Think about why you might be stressed.
- Talk to your partner, friends, or family about how you feel.
- Eat healthy.
- Go to a program for pregnant women to get support from other women who are experiencing the same changes.
- Walk and do other forms of light exercise.
- Rest and get enough sleep every day.
- Stay organized (ex: make a packing list for the hospital).
- Do activities/hobbies that relax and distract you.
- Welcome help from others.

Exercise

Exercising is a great way to keep healthy during your pregnancy. It can also make you feel good.

Benefits of Exercise

- less tired
- more energetic
- body is fit for labour
- better digestion/less constipation
- less leg cramping/varicose veins
- less back ache and muscle/joint pain

What to Do

- Talk to your health care provider to find out what kind of exercise is safe for you during pregnancy. Your health care provider will consider your medical history, level of fitness and what stage of pregnancy you are at.
- Walking and stretching are usually very safe activities during pregnancy.



Illness

Some illnesses that you can get during pregnancy can be harmful to your unborn baby. Early treatment is always best. Contact your health care provider if you think you have any of the illnesses below.

Bladder Infection

A bladder infection is caused by germs (bacteria) that come from outside your body (often in the rectal area) and move up and into your bladder.

Symptoms of Bladder Infection

- frequent and sudden need to pee
- burning sensation when peeing
- bloody or cloudy pee
- unusual smelling pee
- painful back or lower stomach

Bladder Infection Can Cause

- kidney damage
- early labour

What to Do to Prevent a Bladder Infection

- Drink at least 8 glasses of liquids per day (mostly water).
- Wipe in a front-to-back motion after going to the bathroom.
- Pee before and after sex.
- See your health care provider if you notice any signs of a bladder infection.



Toxoplasmosis

You can get this infection from eating raw/undercooked meat or unwashed vegetables, or from being in contact with cat feces.

Toxoplasmosis Can Cause

- your baby to get very sick

What to Do

- Cook your meat properly.
- Wash your vegetables well.
- Make sure someone else cleans the cat litter box.
- Wash your hands frequently when preparing food.
- Stay away from unpasteurized milk products.
- Wear gloves if gardening.

Streptococcus (Strep B)

Strep B or GBS (Group B Streptococcus) is a vaginal bacterial infection. It is not an STI but it can be passed from person to person through sex: Strep B rarely has symptoms.

Strep B Can Cause

- your baby to get very sick

What to Do

- Discuss treatment options with your health care provider.
- Finish all your medication (antibiotics) given during pregnancy.
- Protect your baby by taking an intravenous antibiotic during labour and delivery.



Sexually Transmitted Infections (STIs)

STIs are infections that spread from one person to another when having unprotected sex (ex: HPV, herpes, chlamydia, syphilis, gonorrhea, hepatitis B). You can get an STI before, during or after your pregnancy.

STIs Can Cause

- birth defects
- pain
- organ damage

What to Do

- Always use a condom when having sex.
- Talk to your health care provider.

HIV

HIV is a virus that can lead to AIDS. You can get HIV by having unprotected sex with someone who is infected with the virus. You can also get HIV from using contaminated needles. If you have HIV and are not treated, you can pass on the virus to your baby during pregnancy, during birth and when breastfeeding.

HIV Can Cause

- You and your baby to get very sick. HIV attacks you and your baby's immune system.

What to Do

- Always use a condom when having sex.
- Never share needles.
- Get an HIV test early in pregnancy.
- Talk to your health care provider about treatment options to protect you and your baby.



Hidden Exposures that May Have Risks

Hidden exposures can make it harder to get pregnant and influence the chances of having a healthy baby.

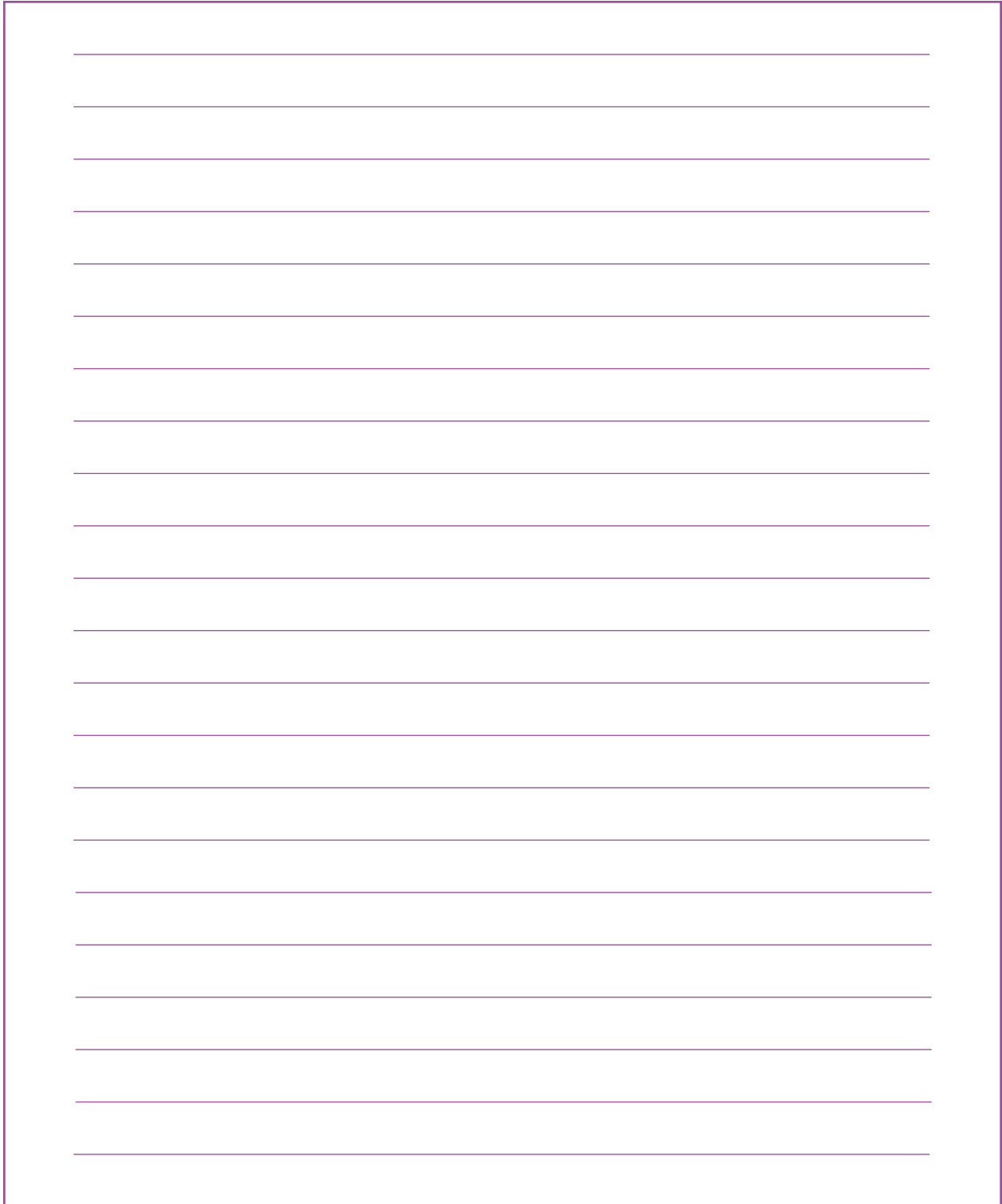
Hidden Exposures Include:

- pesticides
- asbestos
- paints and solvents
- lead
- hot tubs and saunas
- plastics
- cleaning products
- x-rays
- electromagnetic fields

What to Do

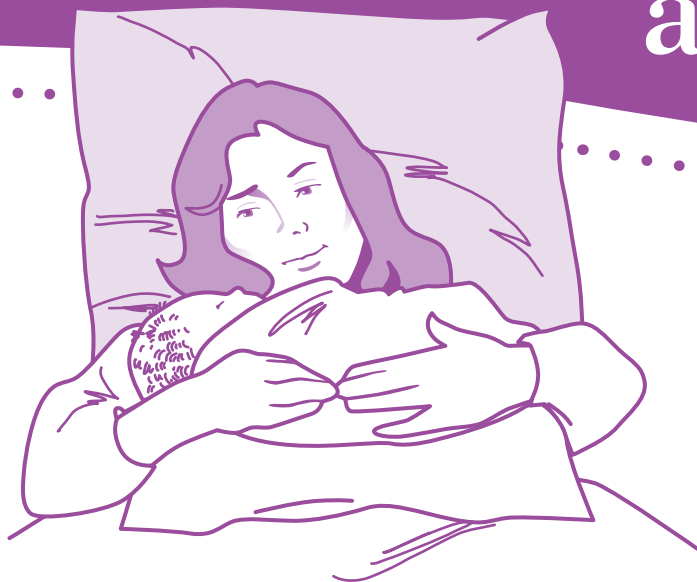
- Talk to your health care provider about how to avoid or limit hidden exposures.

Notes



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Labour, Delivery and Birth



The birthing process is different for everyone. You may feel many emotions while you are in labour. These mixed emotions are normal and may include nervousness, fear, excitement, happiness, and sadness.

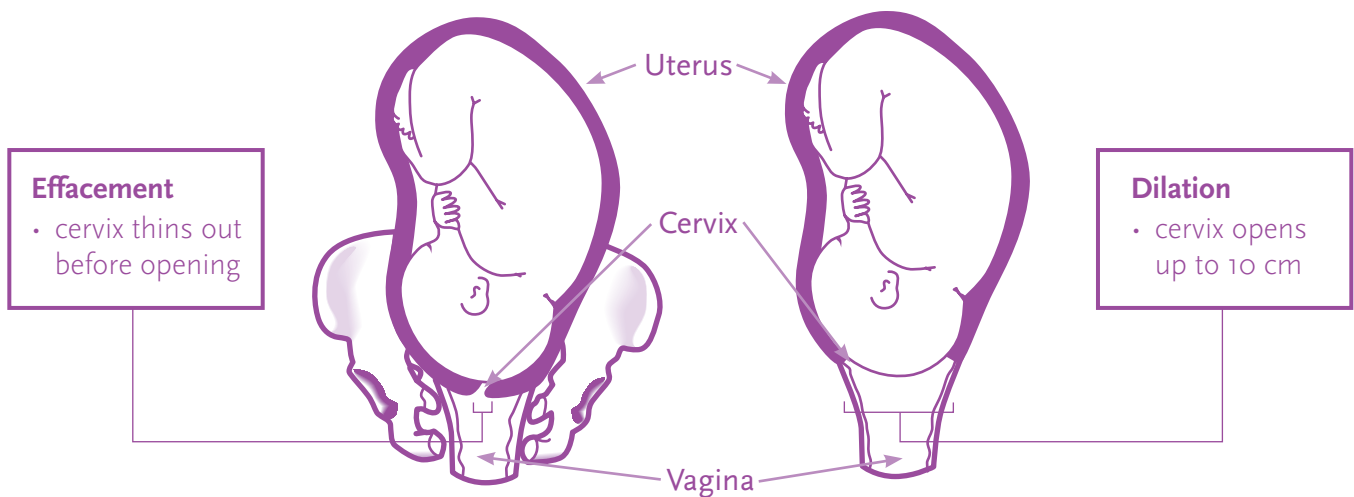
This section is all about what to expect from labour and birth. You will find answers to the following questions:

- What are the signs that I am in labour and it is time to go to the hospital?
- What are the stages of labour?
- What can I do to relax when I go into labour?
- What medical procedures might I experience at the hospital?
- What should I bring to the hospital?
- What will happen after the baby is born?

Labour

Labour is when your uterus works hard to help you push your baby out of your body. During the many hours of labour, your uterus goes through a cycle of contractions (tightening, relaxing, and tightening again). The contractions make your cervix (opening into the uterus) thin out (efface) and open up (dilate).

Your cervix needs to open wide enough for your baby to fit through. When your cervix opens to 10 cm wide, your baby will be able to be born. Your contractions will help you push your baby out of your vagina and into the world.



How long will my labour last?

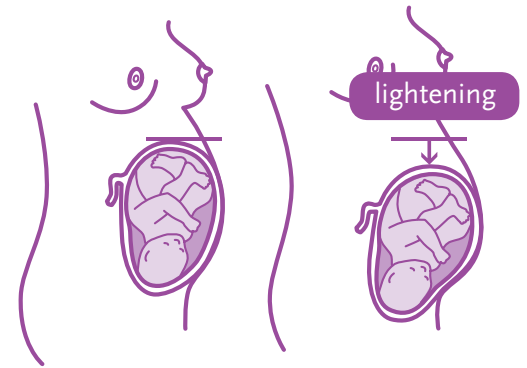
The length of labour is different for everyone. On average, labour can last 12 - 20 hours for your first birth.

Signs of Labour

There are signs that tell you that you may go into labour. Watch for the signs of labour so that you know when to go to the hospital.

1. You feel a “lightening”.

Lightening is when your baby moves down closer to your vagina. You can tell that it is happening as it will be easier to breathe, you can eat without feeling your chest and throat burn, and you may have to pee more due to extra pressure on your bladder. For your first baby, you may experience lightening two to three weeks before going into labour. If you have already had a baby, you may not experience this until just before you give birth.



What to Do

- Watch for other signs of labour.

2. You see “bloody show” in your underwear.

Your cervix develops a thick “plug” during pregnancy. When your cervix thins and opens, the plug comes out. You may notice a pink or red mucous on your underwear. It is called “bloody show”. It may occur several days before you go into labour or it may occur during labour.

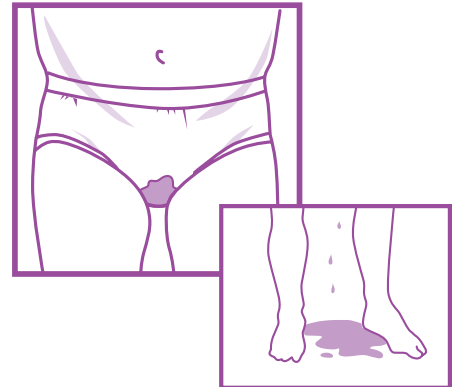


What to Do

- Contact your health care provider.

3. Your bag of water breaks.

During pregnancy, your baby floats inside a bag of water. When the bag breaks, water will leak from your vagina. There may be a little or a lot of water leaking between your legs. It is difficult to tell if it is water or pee.

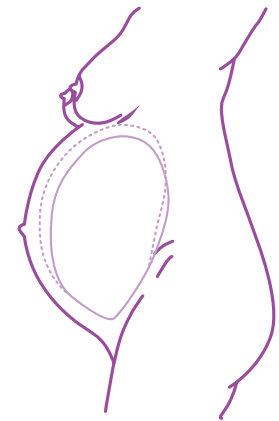


What to Do

- Keep a note of what time your bag of water breaks.
- Check to see if the water is clear (it should be).
- Check if it smells (it should not).
- Put a pad in your underwear (not a tampon).
- Contact your health care provider or hospital for instructions.

4. You have contractions.

Towards the end of your pregnancy you will have very strong contractions (your uterus tightens, relaxes, and then tightens again). Contractions can start and stop for hours or days and then go away.



These contractions, called false labour, are preparing your body for birth. The chart below can help you know if you are really in labour.

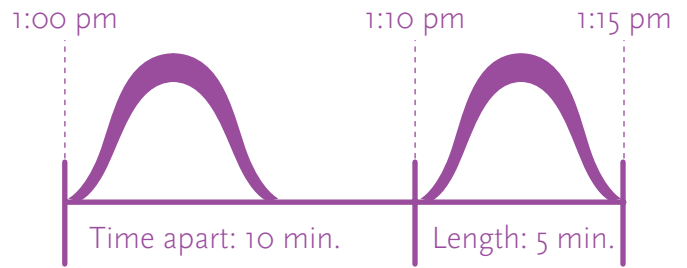
False Labour Contractions	True Labour Contractions
Do not get stronger	Get stronger
Last for hours or days and then stop	Are regular times apart and, as time goes on, get closer together
Go away with walking	Get stronger with walking
Strongest in front and no “bloody show”	May begin back and move to front with “bloody show” usually present

What to Do

- Time your contractions.

Timing Your Contractions

It is important to know how to time your contractions so that you know if you are going into true labour.



Recording Your Contractions

Make a note of:

- when each contraction starts and stops
- how long your contractions last for
- how far apart each contraction is
- how strong your contractions feel

Contraction Starts	Contraction Stops	How Long	Minutes to Next Contraction	How Strong Contraction Felt

What to Do

- Contact your health care provider or local hospital if you think you are having true labour contractions.

When to Go to the Hospital

It is time to go to the hospital if:

- You are bleeding.
- Your contractions are 5 minutes apart.
- Your bag of water breaks and it is smelly or not clear.

Stages of Labour

Stage 1

Your contractions:

- slowly get stronger
- come closer together
- last longer

By the end of stage 1:

- Your cervix thins and opens to 10 cm near the end of this stage
- Your baby has moved down towards your vagina



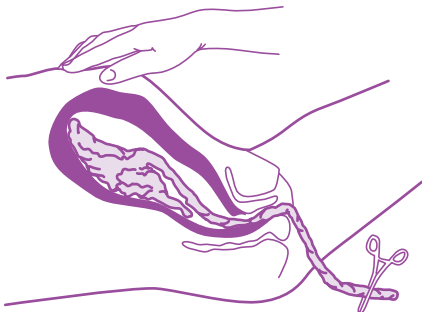
Stage 2

- You will be pushing – your contractions are very strong and come often. You have the urge to push.
- Your baby will be born.



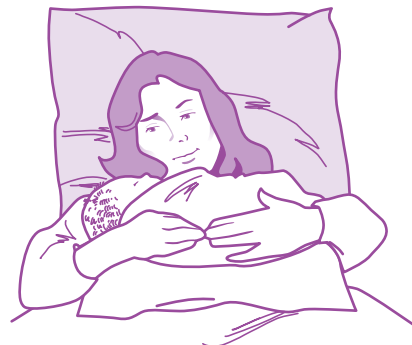
Stage 3

- You push the placenta out.



Stage 4

- You rest and recover from labour and birth.
- You get to know your baby.
- This is a good time to start breastfeeding.



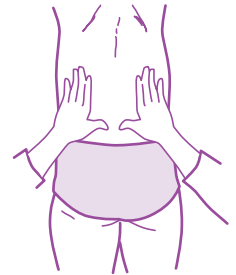
Staying Comfortable During Labour

These are things you can do to stay relaxed and comfortable during labour. Being relaxed during labour helps your baby get enough oxygen and move down into the birth canal.

- Breathe the way your health care provider showed you.



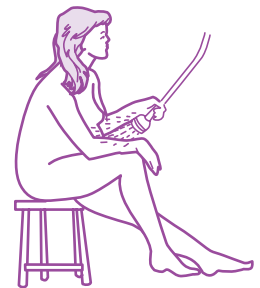
- Ask your partner, close friend, or family member to massage the parts of your body that are aching (ex: lower back).



- Distract yourself with a quiet activity (ex: reading) during contractions.



- Take a bath/shower.



- Turn on some music.



- Drink water or eat ice chips.



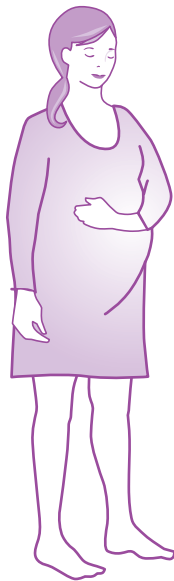
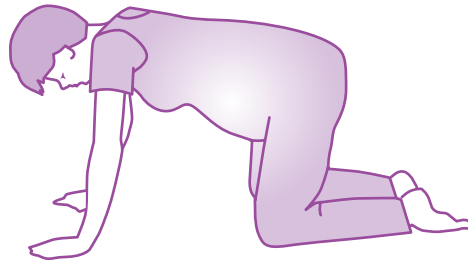
- Pee every hour.



- Sometimes women take medication to help them with the pain of labour. Pain medications can be in the form of an anesthetic gas called nitrous oxide, narcotics which are given either by a needle or through an IV, or epidural which is given through a tube put into your back and makes you have no feeling below your waist.
- Talk to your health care provider during your prenatal visits about the types of medications/pain relief and how they work.

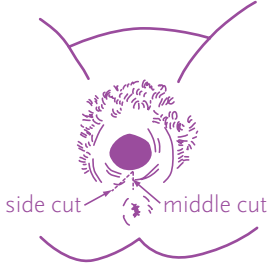
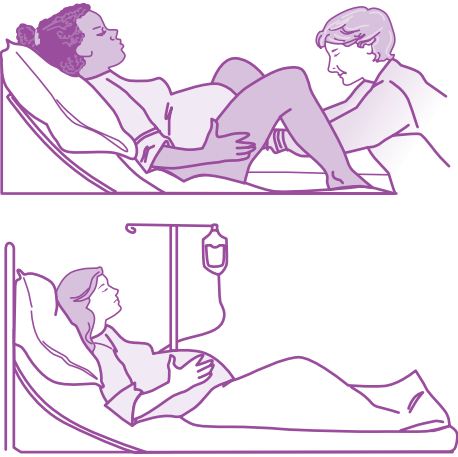
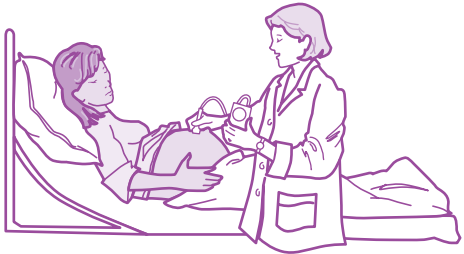
Labour Positions

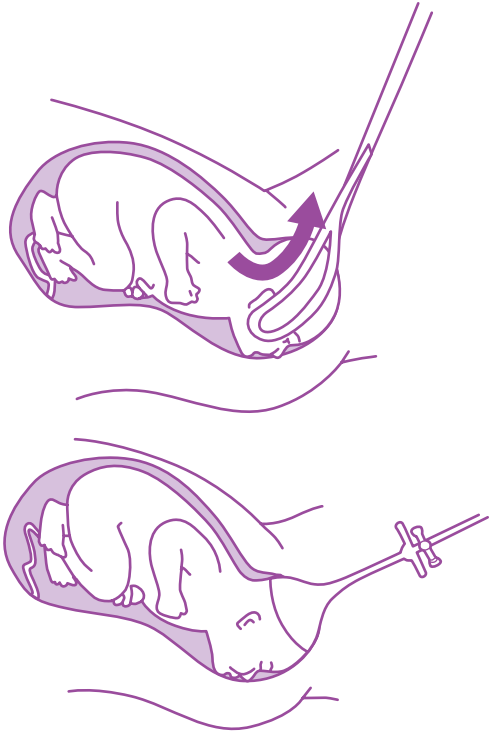
While you are in labour, you can try different positions to get more comfortable. Changing positions may also help your baby move down. Try the positions below to see if it helps.



Medical Procedures You May Need

Some babies need help being born. Your health care provider may use one or more medical procedures to help you or your baby. Talk about these procedures during your prenatal appointments so you know what to expect and are aware of the benefits and risks of each procedure.

Medical Procedure	What Happens	Reason for Procedure
<p>Episiotomy</p> 	<ul style="list-style-type: none"> • Small cut is made to make the opening of the vagina bigger • Vagina is stitched up afterward 	<ul style="list-style-type: none"> • Helps your baby come out
<p>Induction</p> 	<ul style="list-style-type: none"> • Bag of water is broken or medication is used to start labour 	<ul style="list-style-type: none"> • Baby is overdue • No contractions even though water has broken • Other special health reasons
<p>Fetal Monitoring</p> 	<ul style="list-style-type: none"> • Machine listens to your baby's heart or checks on the timing and strength of your contractions 	<ul style="list-style-type: none"> • Make sure your baby is doing well

Medical Procedure	What Happens	Reason for Procedure
<p>Forceps and Vacuum Extraction</p> 	<ul style="list-style-type: none"> • Instruments help bring your baby out • Forceps fit around your baby's head • Vacuum extraction uses a soft cup attached to baby's head and is connected to a machine 	<ul style="list-style-type: none"> • You can't push or are too tired to push. • Your baby is not in a good position to be born • Your baby needs to be delivered fast
<p>Caesarean Section (C-Section)</p> <p>Having a C-section can be difficult. You may have many emotions about your birth experience and need to talk with your partner, a friend or your health care provider.</p>	<ul style="list-style-type: none"> • A cut is made through your abdomen and uterus to bring out the baby 	<ul style="list-style-type: none"> • Baby is too big for vaginal birth • Baby is not in a head-first down position (breech-bottom down) • Issues with placenta and umbilical cord • Baby needs to be delivered fast • Labour is not progressing • Special health concerns

Packing for the Hospital

Pack a suitcase with extra items several weeks before your baby is due. For the most part, you will need to bring all of your own items.



If you are interested in a tour of the hospital, call:

In Winnipeg:

St. Boniface General Hospital,
409 Tache Avenue

- Virtual Tour: 204-235-3144

Women's Hospital
Health Sciences Centre,
735 Notre Dame

- Video Tour: 204-787-3647
- Individualized needs assessment and resource identification for pregnant and breastfeeding women with special health needs: 204-787-1781

Outside Winnipeg:

Ask your health care provider where you will deliver your baby and for information about a hospital tour.



My Thoughts

When I think about labour and birth I feel...

I expect my labour to be like...

Things I can do to make labour easier for me and my baby...



After Your Baby is Born

You will probably feel very tired after giving birth. Take time to rest, to take care of yourself and get to know and enjoy your baby.

Your stay at the hospital will usually be 1 – 2 days. Enjoy this special time with your baby while he/she stays with you in your room. Ask hospital staff or your health care provider any questions you have about caring for your baby. You can also contact the hospital, health care provider to ask more questions once you are home.

Physical Changes

Your body will change after you give birth. Below are some of the normal changes you can expect.

Afterpains

After your baby is born, you may feel painful contractions in your uterus. You may notice these pains when breastfeeding because your baby's sucking is helping your uterus go back to its normal size. Afterpains should last only 1 week. Contact your health care provider if the pains continue or if they hurt a lot.

Bleeding

Bleeding from your vagina lasts 2 – 6 weeks after giving birth. The blood will be heavy and deep red at the beginning. Over time, there will be less blood and the colour will change from deep red to brown to pink to white.

IMPORTANT

- Keep your vagina and bottom area clean.
- Change your pad often (do not wear tampons).

Contact your health care provider if any of these things happen:

- blood soaks through your pad within 1 hour (very heavy bleeding)
- you see deep red blood again after the colour of flow changed
- you see large blood clots
- blood is foul smelling

Sore Perineum

You may feel sore and swollen between your legs. Getting an episiotomy with stitches increases the likelihood of being sore. To feel better, sit in a warm tub and rinse the area in warm water after going to the bathroom. Keep doing Kegel exercises. Contact your health care provider if this area gets smelly or if stitches from an episiotomy open.

Kegel Exercises

You can do Kegel exercises when you are pregnant and after you have your baby. Kegel exercises will help to strengthen your pelvic floor muscles which support your bladder, uterus and bowel.

How to do Kegel Exercises:

- When you start - stick a finger in your vagina and squeeze the surrounding muscle. Feel your vagina tighten. These are the pelvic muscles that you will use. Remove your finger.
- As you practice tightening your vagina and feel your pelvic floor muscles move up - hold it tight for 5 seconds and then relax for 5 seconds.
- Repeat this exercise 4 to 5 times in a row and try to hold it for up to 10 seconds several times during the day.

IMPORTANT

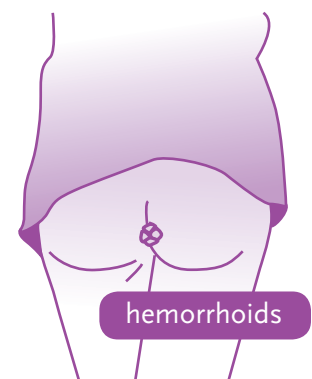
Do not do Kegels while you are peeing or with a full bladder as it can weaken your muscles and increase your risk of urinary tract infections.

Constipation

You might find it difficult to have a bowel movement after you give birth. Eat high-fibre foods and drink plenty of liquids to help the stool soften. If you cannot have a bowel movement, call your health care provider.

Hemorrhoids

Hemorrhoids are swollen vessels in the rectal area. They can be itchy or painful and can cause bleeding when you make a bowel movement. Eat high-fibre foods and drink plenty of liquids to help soften the stool and reduce the pain. Ask your health care provider about medications.



Difficulty Peeing

You may find it hard to pee for a couple of days after you give birth. Drink lots of fluids, especially water, and try to pee even if it does not feel like you need to. If it hurts when you pee, call your health care provider.



Period

Your period may not start until after you stop breastfeeding or start to introduce solids to baby at 6 months. If you do not breastfeed, your period will probably start within 2 months after your baby is born.

IMPORTANT

Even if your period has not started yet, it is still possible to get pregnant. Ask your health care provider about birth control options.

Having Sex

After your vaginal bleeding has stopped and the area between your legs has healed, it is safe to have sex. Talk to your partner about how you are feeling, especially if you do not feel ready for sex yet.

IMPORTANT

Get a check up with your health care provider 6 weeks after your baby is born.

Postnatal Exercises

It is important to take care of yourself so that you can take care of your baby. Exercising after birth makes your muscles which changed in pregnancy strong again and increases blood flow. Talk to your health care provider about safe exercises you can do.

New Feelings

The first few days and weeks after your baby is born can be an exciting and tiring time. You may have many new feelings inside that can be very confusing. Just remember... it is all part of becoming a new parent.

Baby Blues

Many new mothers feel sad, or cry easily, in the first few weeks after their babies are born. These feelings are normal. They happen for different reasons, such as:

- changing hormones
- lack of sleep
- discomfort from labour and birth
- being unsure about how to care for your baby
- added stress from your new responsibilities as a mother
- a need to try and do everything at once
- your changing relationship with your partner



Helpful Tips

Here are some tips to help you cope during these first few weeks:

- When you are in the hospital, ask a lot of questions about caring for your new baby (ex: How often does my baby need to feed? What do I do if the baby won't stop crying? Why should I put my baby on his/her back to sleep?).
- When you get home, get a lot of rest.
- Sleep when your baby sleeps, so you will have more energy when baby is awake.
- Don't have too many visitors, and keep the visits short.
- Ask family and friends to help out with the cooking and cleaning.
- Don't be too hard on yourself if you don't know everything. Be patient and give yourself time to get used to your new life and your new baby.



Postpartum Depression

If the feelings of “baby blues” do not go away and feelings of sadness get stronger or get worse, you may have postpartum depression.

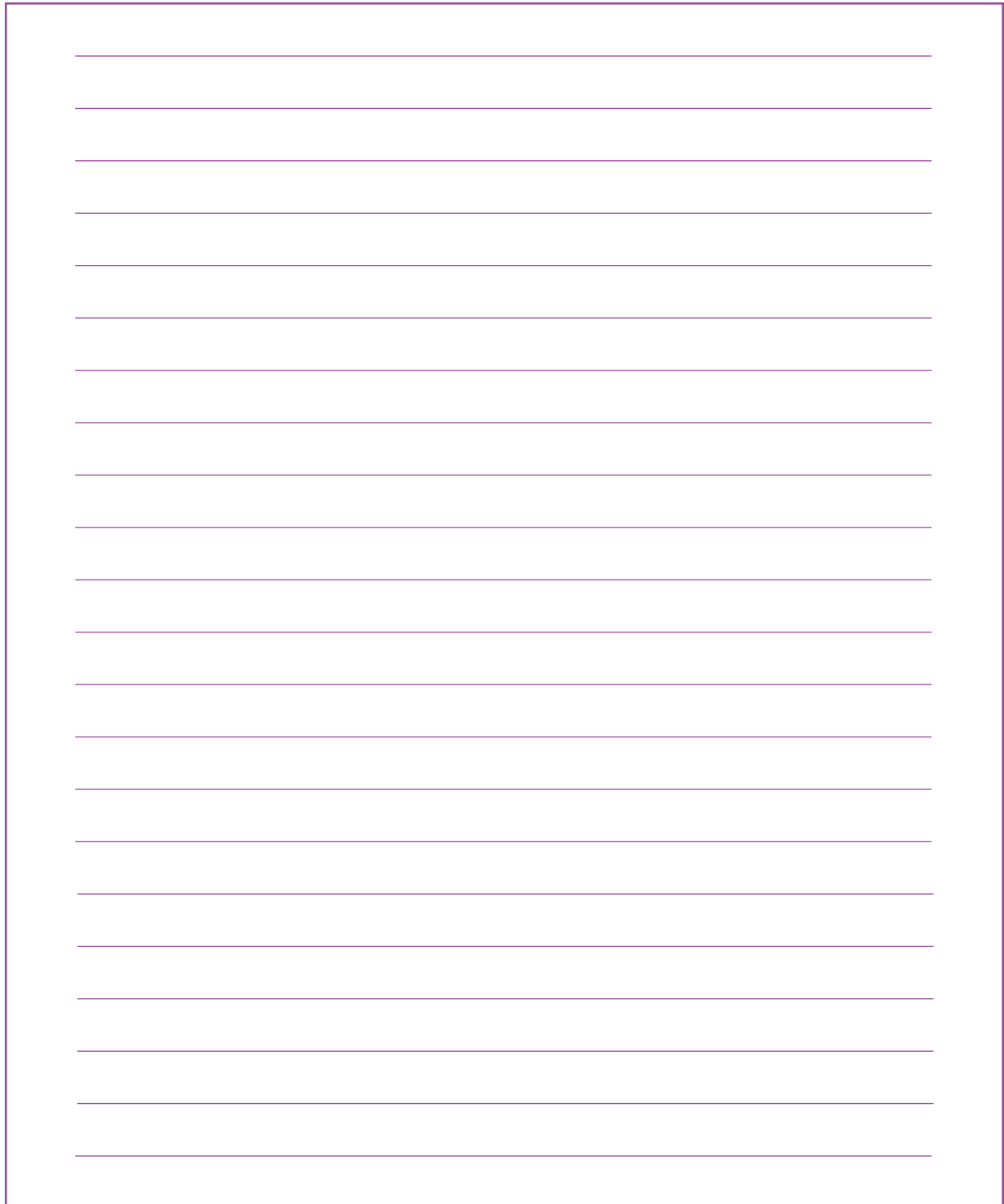
You may feel:

- Sad, alone, withdrawn, anxious or nervous, overwhelmed, guilty, angry, upset or irritable.
- You do not want to be around people.
- You do not enjoy being with your baby.
- Worried about your health and your baby’s health (even if your health care provider says your baby is fine).
- You cannot concentrate or remember things, have scary thoughts or fantasies, or want to run away.
- Tired.
- You cannot sleep or relax (even after baby is asleep).
- You want to sleep all the time (stay in bed).
- Like crying all the time.
- Your appetite is gone, less, or much higher.
- Your heart races (panic attacks).
- Very anxious.
- Like you’re sweating.

IMPORTANT

If you feel sad for a long time or are finding it to hard to cope, call your health care provider. **If you feel like you might hurt your baby or yourself**, immediately call your health care provider or local hospital emergency.

Notes



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Breastfeeding Your Baby



Breastfeeding gives your baby more than just nutrition. Breastfeeding is a wonderful way to build a deep bond with your baby. Hold your baby close and talk to him/her in a gentle voice while you breastfeed. This will help your baby feel secure and loved.

This section is all about breastfeeding. You will find answers to the following questions:

- Why is breastfeeding good for me and my baby?
- What should I know about breastfeeding?
- How do I get help with breastfeeding?

Breastfeeding

Breastfeeding is the ideal way to feed your baby. Health Canada recommends that no other foods than breast milk be given to your baby until he/she is 6 months old. Infants should be introduced to iron-rich solid foods at approximately 6 months with continued breastfeeding for 2 years or longer.



Breastfeeding Baby

- Gives your baby food that is always fresh and available.
- Protects your baby against illnesses such as childhood diabetes.
- Protects your baby against infections and allergies.
- Protects your baby against childhood cancers, including leukemia and lymphoma.
- Protects your baby against coughs and colds, pneumonia and other respiratory infections.
- Protects your baby against vomiting, diarrhea, and constipation.
- Protects your baby against ear infections that can damage hearing.
- Helps your baby's jaw and teeth develop properly.
- Might increase your baby's protection against crib death, known as sudden infant death syndrome (SIDS).

Breastfeeding for You

- Brings you and your baby close together.
- Saves you money by not having to buy formula.
- Saves you time - no need to sterilize bottles and mix formula.
- Protects you against breast and ovarian cancer.
- Burns extra calories and helps you lose your "baby weight".
- Is better for the environment - no containers or packages to throw away.



What You Need to Know About Breastfeeding

You have more freedom when breastfeeding.

You can breastfeed your baby at any time and place. You do not have to worry about carrying bottles and formula. You also do not have to worry about getting the milk warm and keeping the bottles sterile.

You can eat many different foods when breastfeeding.

It is best to eat a variety of foods from all food groups in Canada's Food Guide. There is no reason to avoid a food unless you notice an obvious reaction in your baby every time you eat a certain food. If this is the reason, you will most likely notice other symptoms such as spitting up/vomiting, colic, diarrhea, rash, persistent cough or runny nose.

You can still breastfeed if you smoke.

If you smoke, you can still breastfeed. It is much better if you quit smoking or at least reduce how much you smoke. If you can't do this, you can still breastfeed as it is good for you and especially baby.

You can breastfeed in public.

You can feed your baby in many public places. With a little practice, you can breastfeed without most people noticing. If you like, place a blanket over your shoulder when breastfeeding so you feel more comfortable.

You make enough milk for your baby.

You can increase your milk supply by breastfeeding when you see the early signs of hunger like the baby rooting and putting his/her finger/fist in the mouth. Talk to your health care provider if you are concerned about how your baby is feeding and they can help you with your milk supply and latch.

Your Partner and Breastfeeding

Your partner can be with you while you breastfeed. He/she can burp your baby when needed. After the first few weeks, your partner can also give your baby breastmilk that you have pumped. When you are pregnant, talk to your partner about their involvement and how they can support you to breastfeed.

You should not be in pain from breastfeeding.

It is normal for your nipples to feel tender during the first week of breastfeeding. The tenderness will go away with time. If breastfeeding is painful, you may need to readjust baby's position or get a better latch. Your public health nurse or midwife can help you with this.

You will be able to tell if your baby is getting enough breastmilk.

These are signs that your baby is feeding well:

- Baby has wet and soiled diapers.
- Baby gains weight.
- Breastfeeding is comfortable, you can hear your baby swallowing and your breast is softer after feeding.

For more detailed information about breastfeeding, please take a look at: "*Making Connections: Your First Two Years with Baby*" at www.gov.mb.ca/healthychild or "*Baby's Best Chance*", 6th Edition at <http://www.health.gov.bc.ca/library/publications/year/2005/babybestchance.pdf>

Breastfeeding Resources

There are many resources to help you learn about breastfeeding and where to get help.

Health Links	888-315-9257 (outside Winnipeg) 204-788-8200 (Winnipeg)
Breastfeeding Support	204-787-1166 204-788-8667 (Breastfeeding Hotline)
La Leche League Manitoba	204-257-3509

How to Keep Your Baby Safe



One of your most important jobs as a parent is to make sure your baby is safe. The best way to keep your baby safe is to know the dangers and how to avoid them.

This section is all about safety measures you can take before and after your baby comes home. You will find answers to the following questions:

- How do I keep my baby safe?
- What type of baby equipment should I use?
- What is Sudden Infant Death Syndrome (SIDS)?
- What is Shaken Baby Syndrome?

How to Prevent Common Injuries

Parents can prevent many injuries by making their home and the environment in which they live safe for their exploring baby.

Falls

- Keep an eye on your baby at all times while he/she is awake.
- Place your baby in a crib or playpen if you need to leave the room.
- Always keep at least 1 hand on your baby when you change, dress, or bathe him/her.

Choking and Strangling

- If you are feeding your baby a bottle, always hold the bottle and never prop it into your baby's mouth.
- Keep small objects away from your baby.
- Only give your baby toys that are washable, hard to break, and have no small parts.
- Never put anything around your baby's neck (ex: string to hold a soother).

Burns

- Only wash your baby in warm water, NEVER hot.
- Keep your tap water no hotter than 43°C (110°F) – you can control this by turning your water heater down to 48°C (120° F).
- Never hold your baby when cooking, smoking or having a hot drink.

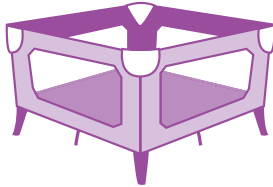

More Tips

- Lay your baby to sleep on his/her back.
- Put emergency contact information in a place that is easy to find and reach.
- Make sure your smoke detectors have charged batteries.
- Have a carbon monoxide detector and a fire extinguisher in your house.
- Remind young children that your baby is NOT a toy.




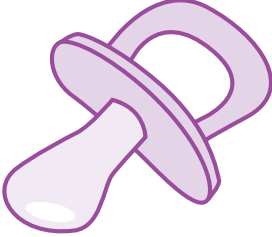
Safe Equipment for Your Baby



Follow these guidelines when you buy or borrow equipment for your baby:

Equipment	What To Look For
<p>Playpens</p> 	<ul style="list-style-type: none"> • Made in 1976 or later • Good condition • Sturdy floor • Thin foam pad • Hinges are sturdy and cannot pinch • Fine mesh sides are free of rips and tears
<p>Cribs</p> 	<ul style="list-style-type: none"> • Built in 1986 or later • Good construction • Made with screws and bolts • No hooks or clamps • Firm, snug mattress (should not be able to fit more than 2 fingers between the mattress and side of crib) • Do not place a pillow, bumper pads or toys in crib (may increase risk of SIDS) • Place the crib away from windows, lamps, and cords
<p>Baby Seats</p>	<ul style="list-style-type: none"> • Wide, sturdy, non-slip base • Safety straps • Only use a baby seat on the floor, never on a table
<p>Car Seats</p>	<ul style="list-style-type: none"> • Use a car seat every time your baby travels in a car • Car seats are required by law and must meet Canadian motor vehicle safety standards • The recommended car seat for a child birth to 1 year old is a rear-facing car seat • The safest place for the rear-facing car seat is the rear seat of the vehicle • Install the car seat using the directions provided by the manufacturer • In Winnipeg, the Winnipeg Fire Department offers free drop in visits to make sure that you have put the car seat in your car the correct way. You can call 1-204-985-7133 for times and locations in your area. Outside Winnipeg call 1-888-767-7640

IMPORTANT

Purchase or borrow items that are made in Canada so that they meet Canadian Safety standards.

Equipment	What To Look For
<p data-bbox="170 415 305 443">High Chairs</p> 	<ul data-bbox="667 415 1360 583" style="list-style-type: none"> • Wide, sturdy base • Safety belt and harness with straps that fit between baby's legs • Smooth tray with no sharp edges that can pinch • Always strap your baby into his/her high chair • Never seat your baby near a stove or countertop
<p data-bbox="170 1060 261 1087">Soother</p> 	<ul data-bbox="667 1060 1174 1266" style="list-style-type: none"> • One-piece construction • Nipple firmly attached • Too big to swallow • No cracks or tears • Replace your baby's soothers every 2 months • Never hang a soother from your baby's neck
<p data-bbox="170 1430 256 1457">Clothes</p>	<ul data-bbox="667 1430 1339 1564" style="list-style-type: none"> • No pieces hanging (ex: Cords, drawstrings, ribbons, scarves) • No loose, small parts (ex: Buttons) • Snug fit • Sleepwear made of fire-retardant material

Equipment	What To Look For
<p>Strollers</p> 	<ul style="list-style-type: none"> • Sturdy • Brakes work well • Good size for your baby • Safety harness and lap belt • Always strap your baby into his/her stroller • Never overload the stroller
<p>Walkers</p> 	<ul style="list-style-type: none"> • Do not use a walker. All walkers are unsafe and are not legal to use in Canada

IMPORTANT

For more information on product safety call Health Canada at 1-866-662-0666 or at <http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php>

Sudden Infant Death Syndrome (SIDS)

Sometimes healthy babies who are less than 1 year old die suddenly and unexpectedly. This is called Sudden Infant Death Syndrome (SIDS). It is also known as crib death.

There is no known cause for SIDS, but there are ways to reduce the risk of SIDS.

How to Protect Your Baby from SIDS:

- Put your baby to sleep on his/her back, NOT his/her stomach or side.
- Put your baby to sleep on a firm, flat surface with no toys, bumper pads, or pillow.
- Make sure your baby cannot fall out of the crib.
- Keep your baby away from cigarette smoke before and after birth.
- Keep your baby warm, NOT hot. Use only a light blanket to cover him/her.
- Breastfeeding may help to reduce the risk of SIDS.
- Do not sleep with your baby while sitting or lying on a couch, chair, or recliner - your baby could fall and suffocate between the cushions.
- Do not let a baby less than 1 month of age sleep in a car seat unless he/she is traveling in the car.
- Do not put your under 1 month of age baby to sleep in a swing or hard plastic carrier.



Shaken Baby Syndrome

Never, ever shake a baby or child. Shaking your baby for even a short time can cause brain damage (blindness/paralysis) or death (Shaken Baby Syndrome). Never swing your baby around or toss him/her in the air. Make sure you always support your baby's head as it takes time for baby's neck muscles to get strong.

Calming a Fussy Baby

- Feed your baby.
- Carry and rock your baby to gentle repeated movements.
- Play calming music, sing softly, hum.
- Give baby a warm bath.
- Massage your baby.
- Show your baby bright, colourful objects.

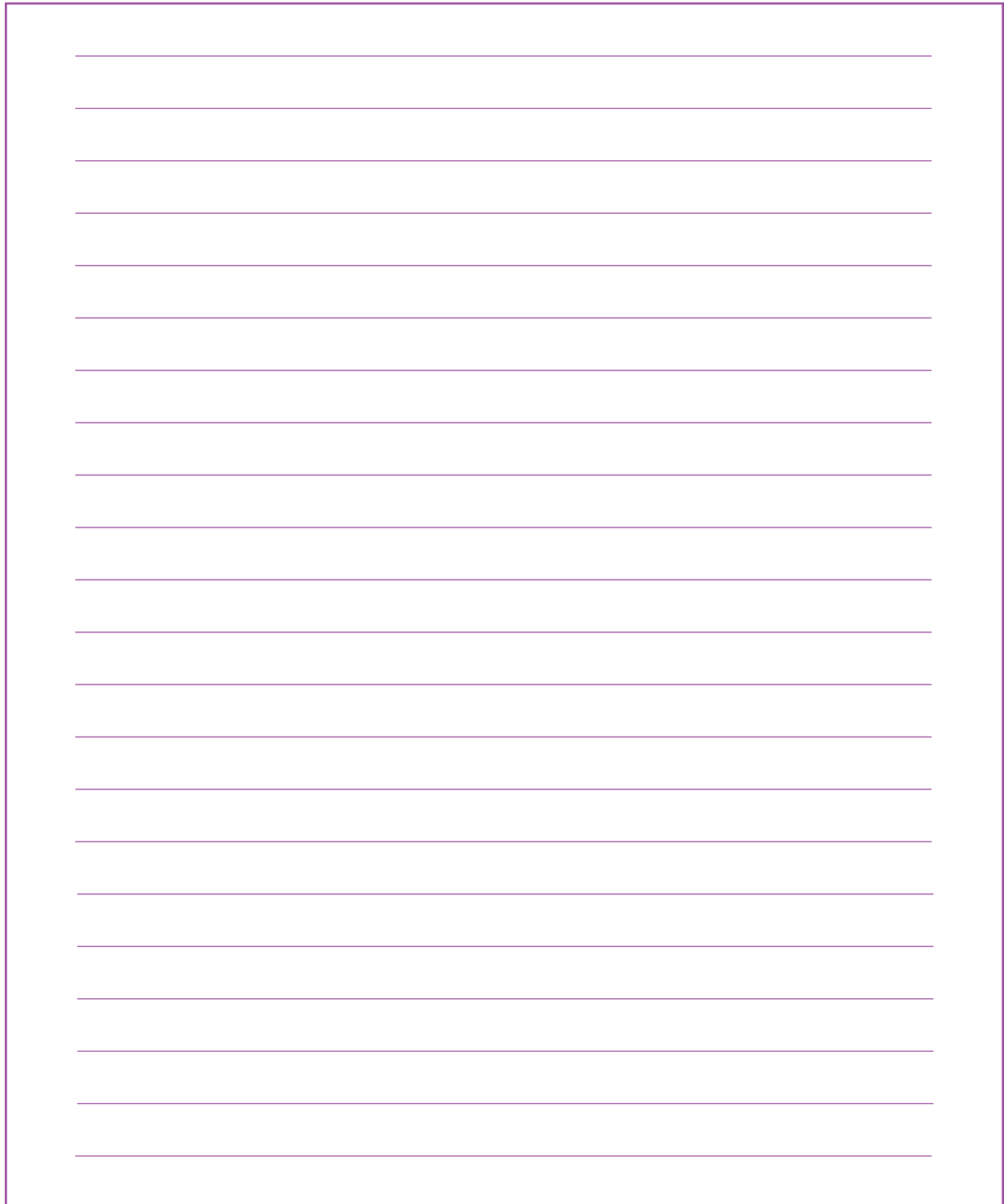


It is normal to feel stress or anger when your baby cries for a long time. This is what you can do to stay in control:

- Try to calm your baby as soon as he/she starts to cry. Do NOT let your baby cry so hard he/she cannot stop.
- Take a break - put your baby in his/her crib and leave the room.
- Have someone you trust come over and care for your baby.
- Talk about your feelings with your partner, friend, or relative.
- Contact your health care provider.



Notes



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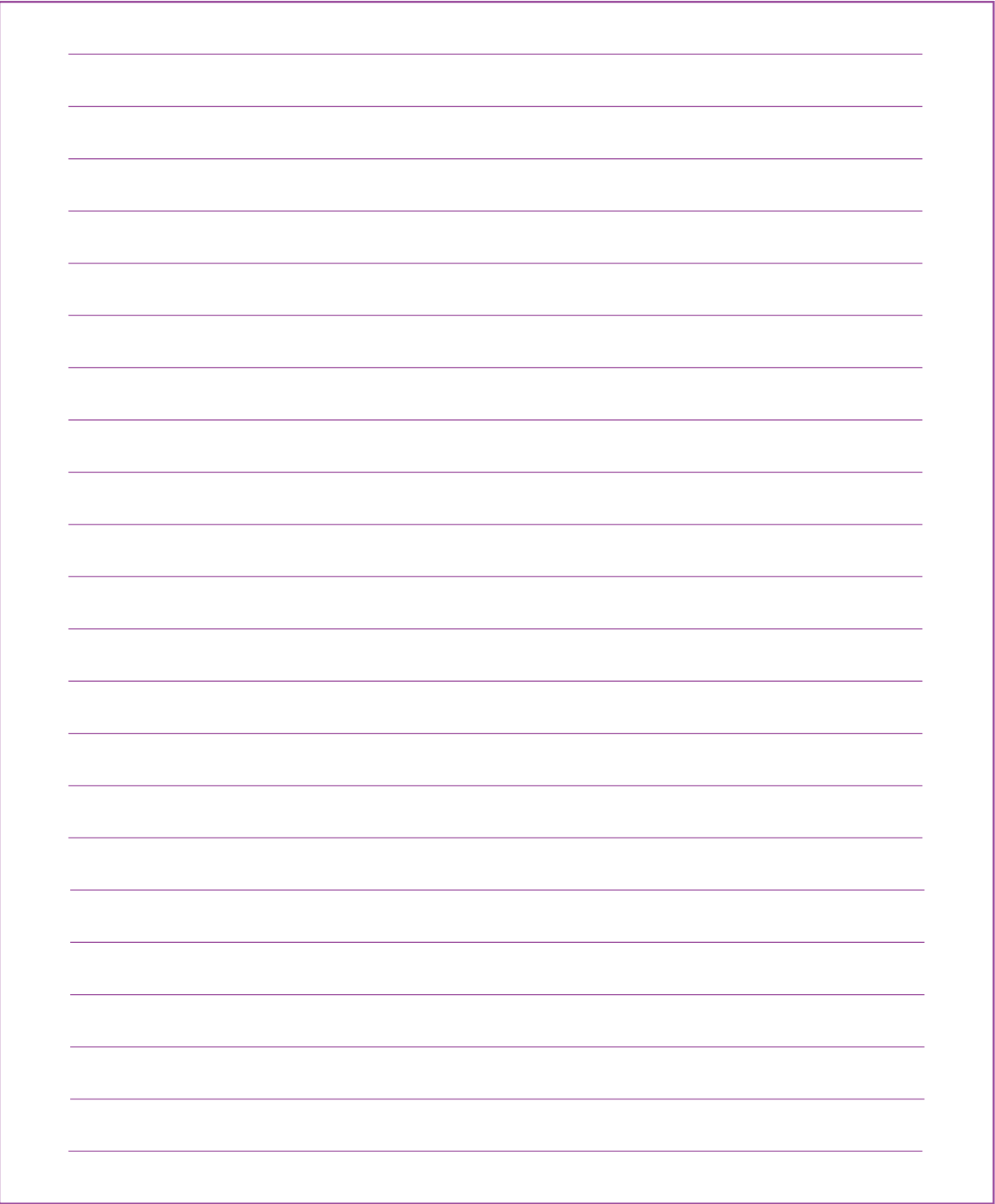
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Notes



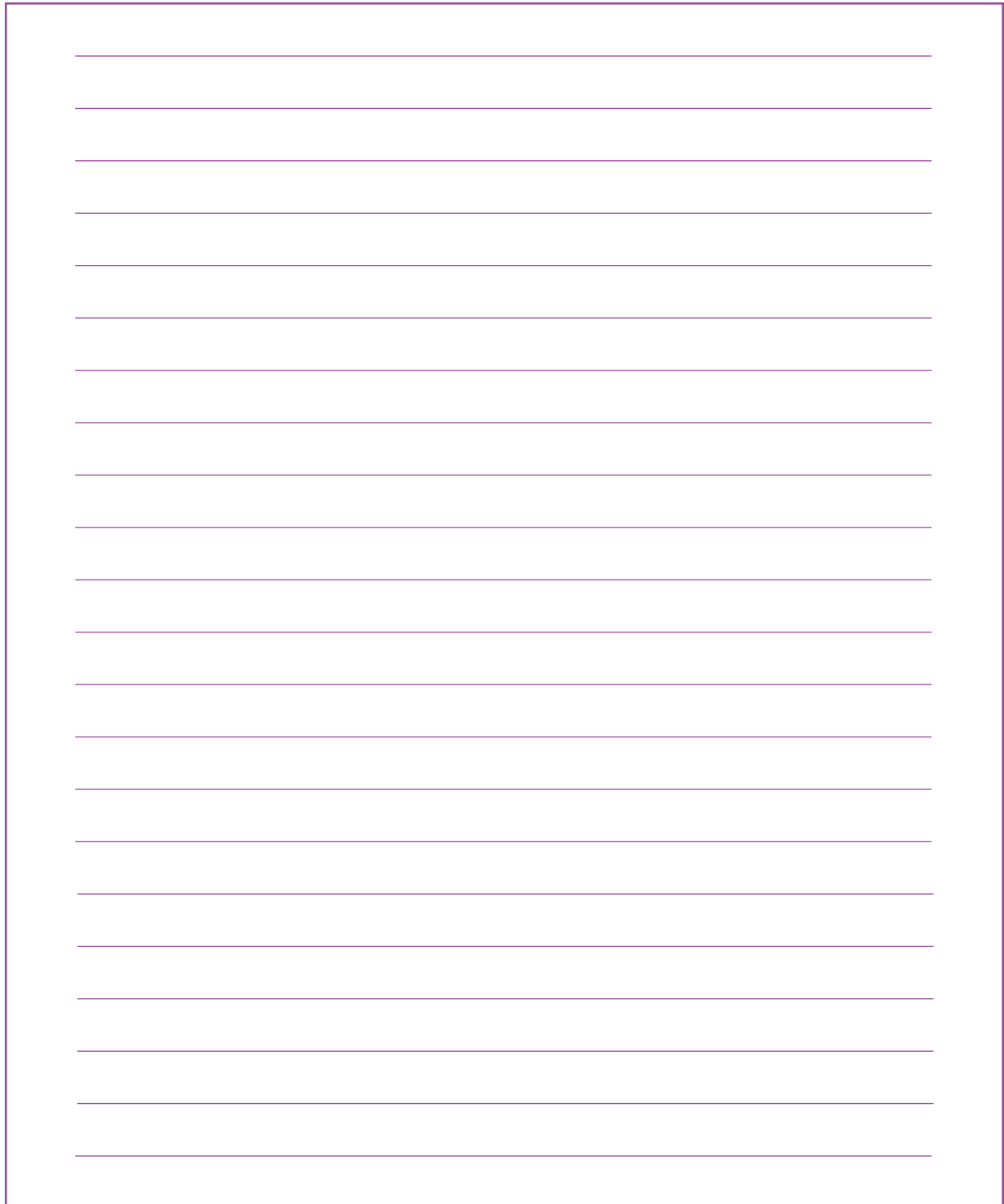


Acknowledgements

We would like to extend a sincere thanks to those whose guidance and expertise helped shape this book. We appreciate your generous contribution.



Notes



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Healthy Child Manitoba
Putting children and families first



3rd Fl - 332 Bannatyne Ave.
Winnipeg, MB
R3A 0E2

T: 204-945-2266
Toll-free: 1-888-848-0140

E: healthychild@gov.mb.ca

Useful Contacts in Winnipeg

Healthy Baby: Manitoba Prenatal Benefit 945-1301 / 1-888-848-0140
• receive benefits if you are of low or moderate income during pregnancy

Triple P Positive Parenting Help Line 945-4777 / 1-877-945-4777

Public Health Offices

General information - Prenatal classes, postnatal services, health & wellness 940-2655

Assiniboia South (3 – 139 Tuxedo Avenue) 940-1950

Downtown Neighbourhood Team (490 Hargrave Street) - Tuberculosis Line (TB Line)

Downtown West (755 Portage Office) 940-2236 / 940-6669

Fort Garry/St Norbert (2989 Pembina Highway) 940-2015

Inkster/Tyndall Park Team (103-61 Tyndall Avenue) 940-2020

Point Douglas Team (601 Aikins Street) 940-2025

River East (975 Henderson Highway) 938-5300

River Heights Neighbourhood Team (1001 Corydon Avenue) 938-5500 / 940-2000

St Boniface (233 Provencher Boulevard) 940-2035

St James – Assiniboia/North Headingley (2015 Portage Avenue) 940-2040

St Vital (845 Dakota Street) 940-2045

Seven Oaks (1050 Leila Avenue) 938-5600

STD (Sexually Transmitted Diseases) Team (705 Broadway) 940-2210

Transcona (400A – 1615 Regent Avenue) 938-5555 / 940-2055

Youville Centre 255-4840

IMPORTANT

Public Health Nurses can make home visits to meet your family's health needs.

Rural Public Health Offices

Brandon Regional Health Authority Inc.

Brandon _____ 578-2500

Burntwood RHA Inc.

Gillam _____ 652-2600

Ilford _____ 288-4348

Leaf Rapids _____ 473-2441

Lynn Lake _____ 356-2474

Pilwitonei _____ 458-2402

Thicket Portage _____ 286-3254

Thompson _____ 677-5350

Wabowden _____ 689-2600

RHA - Central Manitoba Inc.

Altona _____ 324-2351

Carman _____ 745-2426

Elie _____ 353-2043

MacGregor _____ 685-5705

Morden/Boundary Trails _____ 331-8841

Morris _____ 746-7354

Pilot Mound _____ 825-2466

Portage la Prairie _____ 239-2408

Rosenort _____ 746-8885

Sanford _____ 736-2388

Seven Regions Community Health Centre (Gladstone) _____ 385-3137

Somerset _____ 744-2073

St. Jean _____ 758-3031
or 1-800-348-6088

St. Claude _____ 379-2585

Winkler/Boundary Trails _____ 331-8841

Churchill RHA Inc.

Churchill _____ 675-8322

Interlake RHA Inc.

Arborg _____ 376-5559

Ashern _____ 768-2585

Eriksdale _____ 739-4409

Fisher Branch _____ 372-8703

Lundar _____ 762-5469

Gimli _____ 642-4587

Riverton _____ 378-2460

St. Laurent _____ 646-2504

Selkirk _____ 785-7702

Stonewall _____ 467-4400

Teulon Community Health _____ 886-4068

Assiniboine RHA Inc.

Baldur _____ 535-2933

Birtle _____ 842-3399

Boissevain _____ 534-3340

Carberry _____ 834-3262

Deloraine _____ 747-1820

Erickson _____ 636-6802

Glenboro _____ 827-5313

Hamiota _____ 764-4213

Killarney _____ 523-3220

Melita _____ 522-4312

Minnedosa _____ 867-8719

Neepawa _____ 476-7832

Reston _____ 877-3925

Rivers _____ 328-6204

Rosburn _____ 859-5302

Russell _____ 773-7563

Shoal Lake _____ 759-2686

Souris _____ 483-6221

Treherne _____ 723-3404

Virden _____ 748-4340

Wawanesa _____ 824-6255

North Eastman RHA Inc.

Beausejour _____ 268-7468

Lac du Bonnet _____ 345-1219

Oakbank _____ 444-6130

Pinawa _____ 753-3147

Pine Falls _____ 367-5406

Whitemouth _____ 348-4613

Parkland RHA Inc.

Benito _____ 539-2513

Camperville _____ 524-2169

Dauphin _____ 638-2118

Ethelbert _____ 742-4400

Grandview _____ 546-5150

McCreary _____ 835-5010

Roblin _____ 937-2151

Sapotayweyak (Shoal River) _____ 587-2058

Ste. Rose du Lac _____ 447-4080

Swan River _____ 734-6603

Waterhen _____ 628-3329

Winnipegosis _____ 656-4721

South-Eastman RHA Inc.

Lorette _____ 878-9752

Niverville _____ 388-2030

St. Adolphe _____ 883-2243

Ste. Anne _____ 422-8817

St. Pierre _____ 433-7636

Sprague _____ 437-3015

Steinbach _____ 346-6123

Vita _____ 425-3859

Rural Public Health Offices

NOR-MAN RHA Inc.

Cormorant	357-2161
Cranberry Portage	472-3338
Flin Flon	687-1350
Sherridon	468-2012
Snow Lake	358-2637
The Pas	623-9650

Provincial Nursing Stations (serving FN Communities)

Chemawawin (Easterville)	329-2212/2720
Grand Rapids	639-2215
Mosakahiken (Moose Lake)	678-2252

Help Lines

After-hours emergency welfare line	945-0183
Facts of Life Line	NIS 947-9222
Health Links (24-hour health information and answers to questions)	788-8200
Kids Help Line	1-800-668-6868
KLINIC Crisis Line	786-8686
KLINIC Sexual Assault Crisis Line	786-8631
Osborne House Crisis Line and Shelter for Abused Women	942-3052
Pregnancy Distress Family Support Services Crisis Line (9am – midnight)	775-2877
Teen Touch 24-hour Crisis Line	783-1116

Breastfeeding Hotlines

Breastfeeding Hotline	788-8667
Women's Hospital Breastfeeding Hotline	787-1166

Social Services

City-wide Information	NIS 986-2171
Provincial Government Information	NIS 1-888-626-4862
Canadian Government Information Service Canada	1-800-622-6232

Legal Help

Legal Aid (402 – 294 Portage Avenue)	985-8500
Agassiz Legal Aid Law Office (Room 416 – 294 Portage Avenue)	985-5230

Child Care

Child Day Care, General Inquiries (102 – 114 Garry Street)	945-2197
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- call for subsidy inquiries for your area

Violence and Abuse

Evolve, run by Klinic (870 Portage Avenue)	784-4070
North End Women's Resource Centre (394 Selkirk Avenue)	589-7347
Osborne House Crisis Line, 24 hours	942-3052
Wahbung Abinoonjiag (225 Dufferin Avenue)	925-4610

Alcohol and Drug Use

A.F.M. Women's Centre for Substance Abuse	944-6229
Addictions Foundation of Manitoba (A.F.M.)	944-6200
Behavioural Health Foundation	269-3430
Interagency FAS/FAE Program	582-8658

Insight Mentoring programs in Manitoba

Nor'West Co-op Community Health	940-6646
Aboriginal Health & Wellness Centre	925-3750
The Pas - Primary Health Care Centre	204-623-9670
Flin Flon - Primary Health Care Centre	204-687-1366
Portage la Prairie - Portage Friendship Centre	204-870-1386
Dauphin - Parkland RHA	204-638-3054
Thompson - Burntwood RHA building	204-677-5372
Native Alcoholism Council of Manitoba	586-8395

Parent / Child Resource Centres

Child and Family AMCR - All Nations Co-ordinated Response	944-4200
Child and Family Services, after-hours	944-4050
Elmwood Community Resource Centre (75 Brazier Street)	982-1720
Lord Selkirk Family Resource Centre (12 – 254 Stella Walk)	586-1595
MaMaWiWiChiltata Centre (330 Blake Street H-Block)	925-0320
Adolescent Parent Program for teenage parents aged 14 – 18 years:	
• 94 McGregor Street	925-0300
• 318 Anderson Street	925-0349
• 443 Spence	925-0376
• North Main Child and Family Centre (1386 Main Street) - Child and Family Services	944-4031
Norwood Family Resource Centre (219 Marion Street)	944-4268
St. George's School Family Centre (151 St. George Road)	253-6773
Winnipeg Child and Family Services (490-A St. Anne's Road)	944-4286

Parent Child Coalitions

Winnipeg

Assiniboine South:

Assiniboine Early Years Team
(c/o Pembina Trails School Division, 450 Laxdal Road) _____ 885-0738

Downtown:

Communities 4 Families - Downtown Parent-Child Coalition
(c/o Klinik Community Health Centre, 870 Portage Avenue) _____ 474-5755

Elmwood:

Together in Elmwood, a Parent Child Coalition (TIE),
(Unit 3 – 212 Henderson Hwy, Suite 319) _____ 451-7706

Fort Garry / St. Norbert:

Fort Garry/St. Norbert Healthy Child Coalition
(c/o South Winnipeg Family Information Centre, Lower Level, 800 Point Road) _____ 299-1600 /284-9311

Inkster:

Inkster Parent-Child Coalition
(c/o Nor'West Co-op Community Health Centre, 103-61 Tyndall Avenue) _____ 940-2106

Point Douglas:

Families and Communities Together (FACT) – Point Douglas Parent-Child Coalition
(c/o Ralph Brown Community Centre, 460 Andrews Street) _____ 582-1518

River East:

River East Early Childhood Matters Parent Child Coalition
(c/o River East Transcona School Division, Educational Resource Centre, 95 Bournais Drive) __ 669-9412 ext. 2243

River Heights:

Families Forward: Fort Rouge/River Heights Parent Child Coalition (925 Jessie Avenue) _____ 791-0956

Seven Oaks:

Seven Oaks Early Years Coalition (c/o Victory School, 395 Jefferson Avenue) _____ 338-9384

St. Boniface:

St. Boniface Coalition (c/o Louis Riel School Division,
900 St. Mary's Road, Winnipeg MB R2M 3R3), www.sjapcc.ca _____ p: 204-257-7827 ext. 269
f: 204-257-4805

St. James Assiniboia:

St. James-Assiniboia Parent Child Coalition
(1 Braintree Crescent, Winnipeg MB R3J 1C7) _____ p: 204-998-8400
e: familyresource@sjsd.net

St. Vital:

St. Vital Parent Child Coalition (c/o Youville Centre,
Unit 6 – 845 Dakota Street, Winnipeg MB R2M 5M3), www.stvitalpcc.ca _____ p: 204-612-6884
f: 204-255-4903
e: stvitalpcc@maccpf.ca

Transcona:

Transcona Early Childhood Matters Parent-Child Coalition
(c/o River East Transcona School Division,
Educational Resource Centre, 95 Bournais Drive, Winnipeg MB R2C 3Z2) _____ p: 204-669-9412 ext. 2243
f: 204-669-9428

Francophone Coalition:

Coalition Francophone de la Petite Enfance: Coalition Francophone de le Petite Enfance du Manitoba
(217A-209, rue Kenny, Winnipeg MB R2H 2E5), www.cpefmb.org _____ p: 204-791-3286
f: 204-233-6899

Rural And Northern

Brandon:

Brandon Healthy Families Team
(c/o Family & Community Development Centre, 4 – 613 10th Street, Brandon MB) _____ 726-7043

Burntwood:

Burntwood Parent-Child Centred Coalition (160 Deerwood Drive, Thompson) _____ 778-8420

Central:

Healthy Child Coalition – Central Region (P. O. Box 39, Langruth) _____ 445-2326

Churchill:

Churchill Parent Child Coalition (c/o Families 'R' Us Centre, Box 28, 59 James Street, Churchill) _____ 675-2273

Interlake:

Interlake Early Childhood Development Coalition
(Interlake Regional Health Authority, 589-3rd Avenue South, Stonewall) _____ 467-4768

Nor-Man:

Nor-Man Regional Parent Child Coalition (102-143 Main Street, Flin Flon) _____ 687-1748

North Assiniboine:

Assiniboine North Parent Child Coalition (Hamiota Health Unit, 177 Birch Avenue, Hamiota) _____ 764-2412

North Eastman:

Bright Beginnings – North Eastman Parent-Child Centred Coalition (Box 176, Anola) _____ 866-3258

Parkland North:

Better Beginnings Program (c/o Swan Valley School Division, Box 995, Swan River) _____ 734-4531

Parkland South:

South Parkland Healthy Child Coalition (253 Brown Avenue East, Dauphin) _____ 638-6256

South Assiniboine:

Promise Years Parent Child Program (c/o Virden Health Unit, Box 10, Virden) _____ 851-6327

South Eastman:

Healthy Child Coalition - South Eastman
(c/o South Eastman Regional Health Authority, Box 2560, 365 Reimer Avenue, Steinbach) _____ 346-7019

Food

Winnipeg Harvest (1085 Winnipeg Avenue) _____ 982-3663

Lighthouse Mission (669 Main Street) _____ 943-9669

Union Gospel Mission (320 Princess Street) _____ 943-9904

Subsidized Housing

- Dakota Ojibway First Nation Housing Authority _____ 985-4242
- provides affordable housing to Aboriginal families
- D.O.T.C. Housing Authority (100 – 340 Assiniboine Avenue) _____ 956-5093
- provides subsidized housing to Aboriginal families
- Kinew Housing Inc. (201 – 424 Logan Avenue) _____ 944-8102
- provides subsidy housing for low-income families
- Manitoba Housing Authority (100 – 185 Smith Street) _____ 945-4663
- offers low-cost housing, subsidized rent for families,
 - pensioners, and disabled individuals
- Rent Aid _____ 945-2197 or Toll-free 1-877-587-6224
- provides direct and cash assistance for rental payments
 - to low-income families with dependent children
- Winnipeg Housing Rehabilitation Corporation (104 – 60 Frances Street) _____ 949-2880

Employment / Education / Training

- Adolescent Parent Centre (136 Cecil Street) _____ 775-5440
- provides a specific high school program to pregnant or parenting adolescents
- Adult Education Centre (310 Vaughan Street) _____ 947-1676
- provides academic upgrading at the high school level on a full or part-time basis for adults who have been out of school for one year or more
- Employment Projects of Winnipeg Inc. (990 – 167 Lombard Avenue) _____ 949-5300
- offers pre-employment and vocational counselling for women entering, re-entering, or changing careers
- Taking Charge (100 – 290 Vaughan Street) _____ 925-1100
- delivers services that assist single parents on social assistance to find a job
- Upward Bound (1066 Beauty Avenue) _____ 694-8661
- provides adult education and upgrading through to grade 12
- Winnipeg Transition Centre (1836 Main Street) _____ 338-3899
- provides support and information on job search techniques to unemployed individuals actively seeking employment

Car Seat Safety

- Transport Canada _____ 1-800-333-0371
- Fire Department Headquarters, general inquiries (151 Princess Avenue) _____ 986-6380
- provides routine inspection for car seat safety; call for drop-in times in your neighbourhood

Rent a Breast Pump

Healthy Start for Mom and Me	949-5350
Stevens Medical Supplies Health Sciences Centre (700 William Avenue)	787-3532
Tache Pharmacy	233-3469
Meyer's Drugs	943-1466
A Child's Place, Grant Park Mall	284-7633
St. Vital Centre	257-5646

Shoppers Drug Mart:

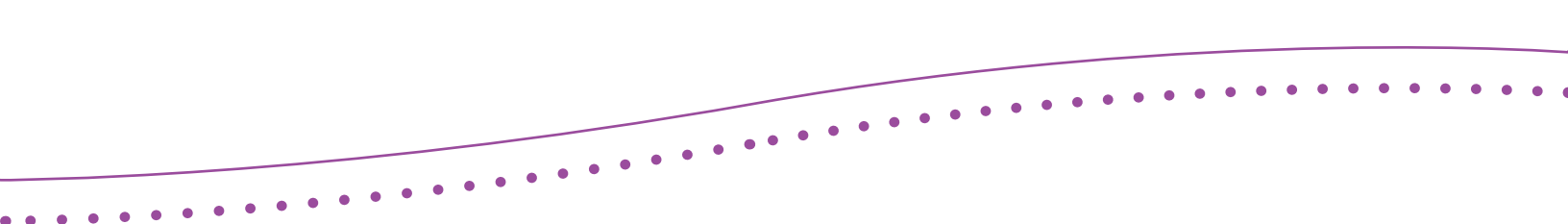
- Charleswood 888-2112
- Manitoba Clinic 779-1996
- Pembina Village 269-8113
- Marion Street 235-1919

Safeway Pharmacy:

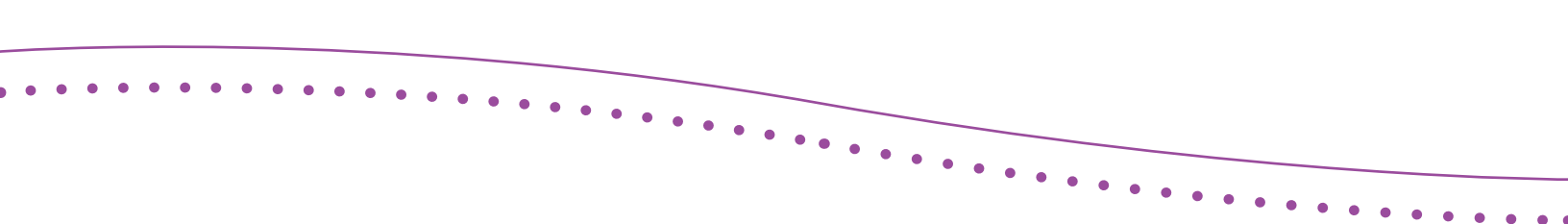
- 654 Kildare Avenue 222-6849
- 285 Marion Street 237-6803
- 850 Dakota Street 253-7899
- 2155 Pembina Highway 261-9870
- 3393 Portage Avenue 888-5600

Health and Related Resources

Aboriginal Health and Wellness Centre (215 – 181 Higgins Avenue)	925-3700
• medicine wheel teaching, variety of support groups	
Adoption Options Manitoba Inc. (1313 Portage Avenue)	774-0511
Andrews Street Family Centre (220 Andrews Street)	589-1721
• community kitchen, food buying club, drop-in, support group for mothers	
Aurora Family Therapy Centre (Sparling Hall, 2nd Floor – 515 Portage Avenue at the University of Winnipeg)	786-9251
• provides individual, family, and marriage counselling	
Centre for War Affected Families - N.E.E.D.S. Inc. (Newcomers Employment and Education Development)	940-1260
Community Financial Counselling Services Inc. (516 – 294 Portage Avenue)	989-1900
• offers individual and group counselling in the areas of consumer credit, debt, and money management	
Elizabeth Hill Counselling Centre (321 McDermot Avenue, 3 rd floor)	956-6560
• free counselling services for couples and low income families	
The Family Centre of Winnipeg (401 – 393 Portage Avenue)	947-1401
• individual, couple, and family counselling for families in crisis	
Family Community Centre (100 – 475 Sargent Avenue)	775-9934
• childcare, support groups, parenting courses, and prenatal classes	

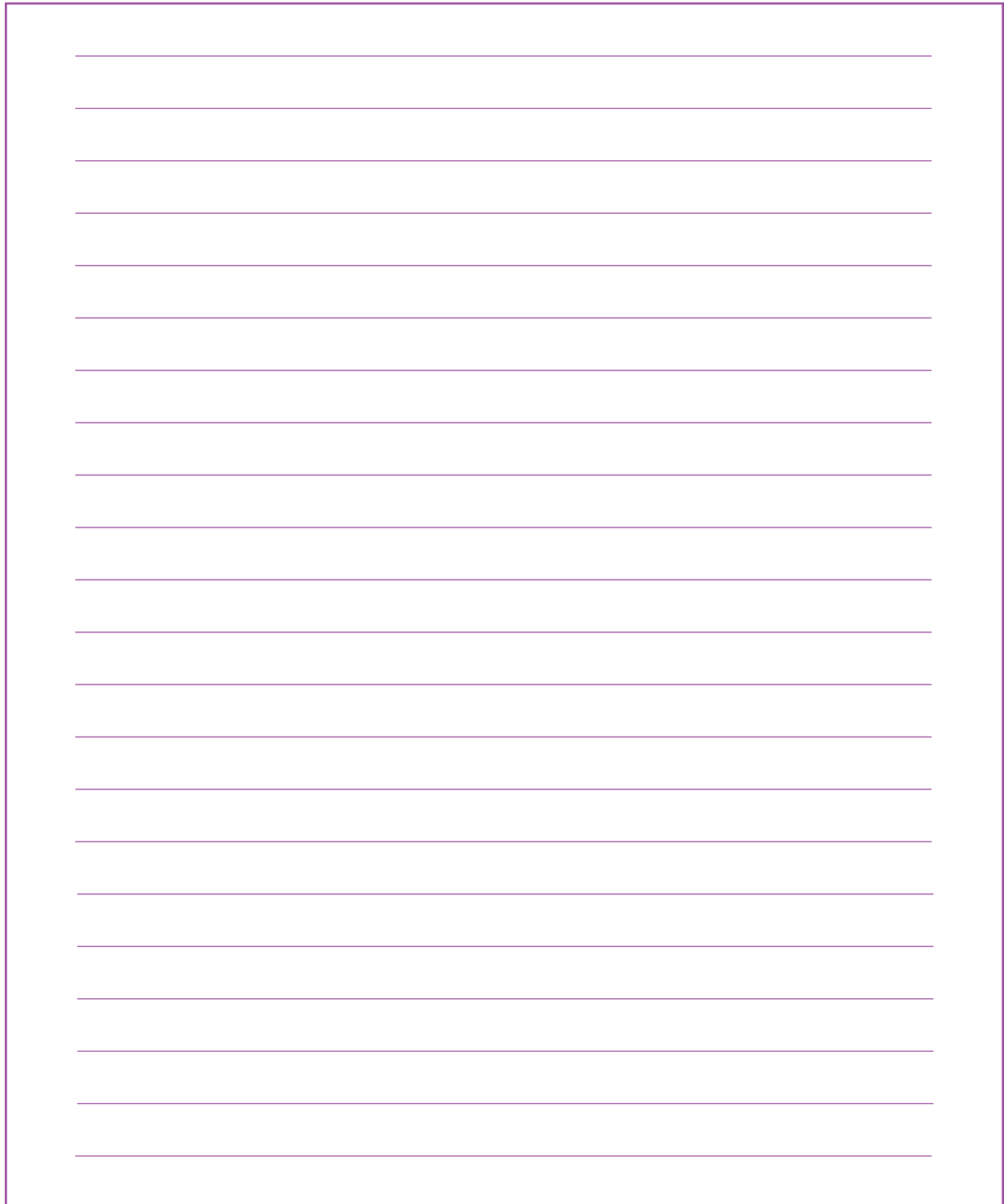


Fort Garry Women's Resource Centre (1150-A Waverley Street)	477-1123
• peer counselling, information, referrals, and workshops	
Health Action Centre (640 Main Street)	940-1626
• care during pregnancy, STI treatment, medical check-up, dental and nutrition counselling	
Hope Centre Health Care Inc. (240 Powers Street)	589-8354
• prenatal and postnatal classes, parenting groups, family planning, STI treatment, and crisis counselling	
Interagency FAS/FAE Program (49 – 469 King Street)	582-8658
• intervention to children ages 0 – 6 who are diagnosed with FAS/FAE, and counselling to pregnant women with addictions	
KLINIC, Medical Care (870 Portage Avenue)	NIS 784-4090
• counselling services, family planning, birth control information, and prenatal and postnatal counselling	
KLINIC, Crisis Line (870 Portage Avenue)	786-8686
• counselling services, family planning, birth control information, and prenatal and postnatal counselling	
KLINIC, Counselling Intake (870 Portage Avenue)	784-4059
• offers sexual assault, family violence, incest, sexual abuse, and sexual harassment counselling	
Manitoba Association for Childbirth and Family Education (MACFE)	475-1865
• trained labour companions provide support to women during pregnancy and birth	
Midwives – College of Midwives of Manitoba (235 – 500 Portage Avenue)	783-4520
• care for women throughout pregnancy, delivering of infant and postpartum care of mother and infant	
Morgentaler Clinic (883 Corydon Avenue)	477-1887
• abortion and birth control counselling	
Mount Carmel Clinic (886 Main Street)	582-2311
• prenatal and postnatal care, testing and STI treatment, nutrition, birth control, medical, and dental	
New Directions for Children, Youth and Families, Inc. (400 – 491 Portage Avenue)	786-7051
• provides counselling, educational and vocational programs	
North End Women's Resource Centre (394 Selkirk Avenue)	589-7347
• parenting programs, per support groups, and individual counselling	
Nor'West Co-Op Community Health Centre Inc. (103 – 61 Tyndall Avenue)	940-2020
• reproductive health and birth control counselling and parenting programs	
Pregnancy and Family Support Services (555 Spence Street)	772-9091
• free counselling, temporary accommodations, advocacy and referral services, and prenatal classes	
SERC (Sexuality Education Resource Centre) (200 – 226 Osborne Street N.)	982-7800
• services to immigrants/refugees in the areas of prenatal and postnatal care and STI information	

- 
- Sexuality Education Resource Centre (555 Broadway, 2nd floor) _____ 982-7800
- Facts of Life Line, Winnipeg _____ 947-9222
 - Facts of Life Line, Toll-free _____ 1-800-432-1957
 - sex education, AIDS/STI information, Immigrant/Refugee Health Program
- South Winnipeg Family Information Centre (800 Point Road) _____ 284-9311
- parenting programs and offers support and information regarding adoption
- Villa Rosa (784 Wolseley Avenue) _____ 786-5741
- residence, prenatal and postnatal counselling, medical care for pregnant and postnatal single women and teens
- Wolseley Family Place (691 Wolseley Avenue) _____ 788-8052
- Women's Health Clinic (419 Graham Avenue, Unit A – 419 Graham Avenue) _____ 947-1517
- pregnancy and abortion counselling, various individual counselling including eating disorders
- Youville Centre
- 33 Marion Street (Diabetes Centre) _____ 233-0262
 - 845 Dakota Street _____ 255-4840
 - programs on childbirth, family planning, diabetes education, individual counselling and parent support group



Notes





Healthy Child Manitoba
Putting children and families first



3rd Fl - 332 Bannatyne Ave.
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