

Prenatal

Congratulations on your Pregnancy!



We're here to help.

This handout will give you some key points on what to expect as you get ready for the birth of your baby.

Healthy Eating & Pregnancy

Eating well before and during pregnancy is the first step in having a healthy baby.



Your baby relies on the food you eat to help it grow and develop. During pregnancy, it is important to eat twice as healthy, not twice as much. Making healthy food choices during pregnancy will give your baby the best start, help you feel good about yourself and help you and your family develop life long healthy eating habits.

To learn more, [check out our website](#).

Physical Activity While Expecting

In general, most women can engage in physical activity during pregnancy.

It's recommended that pregnant women get at least 150 minutes of moderate intensity physical activity per week. If you have a medical condition or concerns about participating in physical activity, consult with your primary care provider for guidance.

[Canadian Guideline for Physical Activity throughout Pregnancy](#)



How Much Weight Should I gain?

Every person is different, but the recommended amount of weight you should gain depends on your weight before you got pregnant. Most of the weight gain at this time will happen during your second and third trimester. Talk to your primary care provider about how much weight gain is right for you. It's important to remember that weight gain is a natural and normal part of pregnancy and needed to help your body grow a healthy baby.

Vaccination

It is recommended that all pregnant people get their annual flu shot, as well as the Tdap vaccine in every pregnancy. Tdap protects against Tetanus, Diphtheria, and pertussis (Whooping cough). Whooping cough and influenza are common diseases that can have serious complications in newborns and infants. These vaccines protect your baby in the first few months of life before they can start their childhood vaccines.

Contact your primary care provider or THU to book an appointment.

Support from others – it takes a village

Pregnant people are at risk of experiencing postpartum depression up to a year after having the baby. “About 1 in 5 mothers will develop a perinatal mood and anxiety disorder (PMAD) and 1 in 10 fathers” ([Breastfeeding Matters](#), p 37).

If you or someone you know needs support, call a public health nurse to talk about how you are feeling or see your doctor/nurse practitioner as soon as you can. If you are in crisis, call or text 9-8-8 to reach the [Suicide Crisis Helpline](#).

Prenatal Classes

Prenatal classes help prepare expecting parents to feel more confident about labour, delivery and caring for their newborn. Free prenatal classes are available from Timiskaming Health Unit (THU) & Brighter Futures. THU also offers breastfeeding classes and one on one support as needed. Brighter Futures offers postnatal and parenting classes as well as other activities for families.

Contact Information:

Timiskaming Health Unit: 1-866-747-4305

Brighter Futures:

Kirkland Lake 705-567-5926

Englehart 705-544-5437

North Cobalt 705-672-3333



Get Your Car Seat Checked

Contact us for a car seat inspection - Our staff are trained to ensure that your car seat is installed properly so your baby is safe for their first ride home. [Click here](#) for more information on car seats. [How to use your child's infant car seat](#)

Infant Feeding Support

Choosing to breastfeed or formula feed is a personal choice. Regardless on what you decide is best for your family, THU has HBHC nurses and a Lactation Consultant who are available to provide support and answer any breastfeeding or feeding questions you may have.

Preterm Labour

Preterm labour is labour that starts before 37 weeks.

Signs and symptoms of preterm labour:

- ♥ Bad cramps or stomach pains that don't go away
- ♥ Trickle or a gush of fluid or bleeding from your vagina
- ♥ Lower back pain and pressure or a feeling that baby is pushing down

Signs You're in Labour

The difference between true labour and pre-labour contractions (Braxton Hicks). True labour contractions will gradually get stronger over time as opposed to Braxton Hicks which are considered lighter and more painless. True contractions usually become quite regular and start to occur in a pattern so you can predict them. Braxton Hicks contractions are NOT regular and never really settle down into a pattern.

When to go to the hospital: It's recommended you go to the hospital when your contractions are regular **and**:

If you are 30 mins or LESS from the birthing centre:

- 5** Contraction every 5 mins
-
- 1** Contractions lasting 1 min
-
- 1** For 1 hour

If you are 30 mins or MORE from the birthing centre:

- 10** Contraction every 10 mins
-
- 1** Contractions lasting 1 min
-
- 1** For 1 hour



CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



Services de santé du
TIMISKAMING
Health Unit