**Westgrove Maternity Group**



**Resources for a Healthy Mom and Baby**

**Prenatal Education:**

**Public Health Centres-**

Register by calling 780-413-7980 or for more information.

**Misericordia Community Hospital-**

As part of the Prenatal Education Program, prenatal classes are available for pregnant women who plan to give birth at the Misericordia Community Hospital, or any hospital in Edmonton and surrounding areas.  Prenatal classes provide information about labour, birth, breast and bottle feeding, and postpartum care.  Women are encouraged to a bring a partner to the classes with them.  All classes at the Misericordia Hospital include a tour of the labour & delivery and postpartum units.

Prenatal classes are offered on weeknight evenings and on weekends at a cost of $85 per couple.  Evening classes are held on Tuesdays only for four consecutive Tuesdays from 7:30 to 9:30 p.m.  Weekend prenatal classes are one day only from 9 a.m. to 4 p.m., and run on most Saturdays.

Registration is required for all prenatal classes, and payment is due 30 days in advance.  Only ten couples are registered for a class, so it is best to call early.  The prenatal booking office is open two evenings a week at 780.735.2760.  There is also a 24/7 recorded message at this number with available class dates and times.

**Hospital Tours**A tour of the labour & delivery and postpartum units is offered on the second Monday of each month (the third Monday after a long weekend) at 7 p.m.  Registration is required to attend a hospital tour.  If the 7 p.m. tour is full, an 8 p.m. tour to the same evening will be added.  The person registered may bring their partner with them to attend.  The hospital tours are free of charge and are 60 minutes in duration.  Children are not allowed on the tours, and child care is not provided.  For available hospital tour dates and to book a tour, please call the prenatal booking office at 780.735.2760.  There is a 24/7 recorded message at this number with tour information.

**CAFFEINE:**

Most evidence suggests that drinking up to 200 mg daily of caffeine is safe in pregnancy. Limiting to this level is recommended as caffeine does cross the placenta. In general terms, 1-2 caffeinated coffee daily is acceptable. Pop has an average of 35-50 grams of caffeine and green teas have 40-60 grams, so please use in moderation.

**DIET & EXERCISE**

The foods you eat before and during pregnancy are important for normal health and development for you and your growing baby. It is important to eat a variety from all four food groups. It is recommended that Canadian mothers follow the Canada Food Guide throughout your pregnancy. The average mother will only need to consume 200-300 calories extra per day during the second and third trimester to support a healthy pregnancy. This equates to approximately 2-3 food guide servings per day. A healthy mother should also aim to drink 8-10 glasses of fluids per day.

Many women ask about the safety of certain foods while pregnant. There is very little evidence to support avoiding certain specific foods in pregnancy. A list of commonly questioned foods is listed below:

1. Luncheon meats- although theoretically there is a risk of listeria infection from poorly refrigerated luncheon meats, the risk is incredibly low. Therefore, there is currently no evidence to support not eating luncheon meats while pregnant.
2. Cheeses- It is important that all cheese and dairy products you consume in pregnancy are made from pasteurized milk. Most cheese products available in regular grocery stores currently are pasteurized. If you are unsure, please check the label
3. Fish, Sushi and Sashimi- most dietary advice in pregnancy should be coupled with common sense…its not rocket science! The current SOGC (Society of Gynecologists of Canada) guidelines for seafood and fish intake are unclear. Undercooked fish, as well as raw oysters and clams, does increase the risk of certain gastrointestinal infections. If eating in a reputable, sanitary restaurant, your risk is very low. Canned fish, including tuna, does have small traces of certain metals, but if eaten in moderation, do not pose any risk to you or your baby.

**Recommended Resources:**

**Healthy Eating & Active Living for Pregnancy**- <http://www.healthyalberta.com/HEALPregnancy-Sept2012.pdf>

**MEDICATIONS & PRODUCT SAFETY:**

**MEDICATIONS**

While pregnant it is best to check with your doctor about prescriptions drugs, over the counter medications and herbal remedies. Tylenol is a safe pain reliever in pregnancy, while anti-inflammatories such as Advil, Ibuprofen or Motrin are not recommended without first discussing the situation with your doctor. Most prescription strength narcotics are safe in pregnancy. Over the counter cold medications containing dextromorphan are in general safe for short less than five day courses in pregnancy. Anti -allergy medications such as Claritin, Reactine and Benadryl are also safe. However we recommend that prior to buying any over the counter medication please discuss with your doctor or pharmacist.

**Recommended Resources:**

**Pregnancy Pocket Guide-**

http://pregnancy-breastfeeding-ste-justine.com/images/PGGA\_texte\_page\_daccueil\_site\_EN.pdf

**Motherisk-**

1-877-327-4636 Alcohol and Substance
1-800-436-8477 Morning Sickness
1-888-246-5840 HIV and HIV Treatment
1-877-439-2744 Motherisk Helpline
416-813-6780 Motherisk Helpline

Motherisk counselors talk to hundreds of women and their healthcare providers each day providing guidance, support and peace of mind. So if you don't find the information you are looking for on this website, try calling one of our Helplines.

**VITAMINS AND SUPPLEMENTS**

Mothers and babies do require certain supplements to aid in normal, healthy growth and development. Most of these can be found in a regular prenatal vitamin, which should be taken daily by all pregnant women. These include folic acid, iron, calcium and vitamin D.

Folic acid prevents neural tube defects at the time you conceive. All mothers should take 1 gm of folic acid daily (included inmost prenatal vitamins) but you may be asked to take 5gm daily based on your medical status.

Iron is an important element needed for red blood cell development and to prevent anemia, a common condition in pregnancy. Iron can be found in meats, green vegetables, and most importantly your prenatal vitamin.

Calcium helps build bone and teeth strength. Calcium can be found in milk and dairy products. You should ensure your daily intake is at least 1500mg daily.

Vitamin D is your sunshine vitamin. Unfortunately in Canada, none of us receive enough vitamin D much of the year. The current recommendations include 1000 iu of vitamin D daily.

There is no other evidence to currently recommend any other supplements such as omega 3 in pregnancy, if you eat a regular healthy diet. If you have specific diet restrictions, please bring them to the attention of your doctor as you may require further vitamin or supplementation.

**PETS AND PREGNANCY:**

Most women worry about their beloved cat and pregnancy. Don’t worry as your feline friends do not need to be removed from your home. Toxoplasmosis, which is a cat related disease, can be contracted during pregnancy, although most women who have cats at home have become immune to toxoplasmosis throughout their life. Toxoplasmosis is contracted through handling of kitty litter, therefore it is recommended that while pregnant, women do not clean the litter boxes of outdoor cats.

**HOT TUBS AND SAUNAS:**

A very commonly asked question of women in pregnancy…can I use a hot tub? Indeed there is evidence to suggest lengthy exposure to hot temperatures can increase a women’s risk of miscarriage in the first trimester only. Elevating you core body temperature above 39 degrees has evidence to increase this risk. There is no increased risk to your baby after the first trimester, so using a hot tub for short periods of time at warm temperatures is safe after 12 weeks pregnant, but the current guidelines limit exposure to less than 10-15 minutes.

**HAIR DYE and COSMETICS:**

A common myth for pregnant women is that you cannot colour your hair while pregnant. Dyeing your hair in pregnancy is known to be safe and does not increase your risk of complications in pregnancy. Most cosmetics are also safe in pregnancy. Please ask your doctor if you are using any over the counter or prescription acne medications, as some of these products are not safe to use in pregnancy.

**Child Safety:**

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| **St. John’s Ambulance Child Safety Seat Information Session** **FREE • TWO - THREE HOURS**At selected SJA Centres, this FREE information session is intended to provide parents and caregivers information on how to correctly install a child safety seat and to transport children safely in a vehicle. It also provides an overview of the law in Alberta regarding occupant restraints and is taught by trained volunteers through the Community Services department of St John. Edmonton Centre holds sessions every third Wednesday of the month from 7-9 pm. Please call your local centres for other dates and to register. Phone: (780) 452-6565 |

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**Take the Child Safety Seat YES Test:**

<http://www.albertahealthservices.ca/hi-np-child-seats-rear-facing.pdf>

**Sudden Infant Death Syndrome-** <http://www.sidscanada.org/reducetherisk.html>

**Infant Nutrition:**

**Breastfeeding Your Baby-** <http://www.healthyalberta.com/Breastfeeding_Your_Baby-2010.pdf>

**La Leche League Canada-** www.LLLC.ca

**Spruce Grove Chapter**

LLLC Leader:: Joey-Leigh Mogus

Contact Phone: 780-240-7516

Meeting Information:

This LLLC Group Typically Meets: 2nd Saturday of the month

Next Meeting Date/Time: Saturday, November 9, 2013 - 10:00am

Meeting Location:

FCSS Office

505 Queen Street, Spruce Grove

Spruce Grove, AB

**Feeding Baby Infant Formula-** <http://www.healthyalberta.com/BabyFormula-Jan2009.pdf>

**Adjusting to Parenthood:**

**When Your Baby Can’t Stop Crying**- <https://myhealth.alberta.ca/alberta/Pages/Crying.aspx>

**Postpartum Depression-** <https://myhealth.alberta.ca/alberta/Pages/Baby-Blues-and-Postpartum-Depression.aspx>

**Community Resources:**

**Public Health**- 780-968-3700

**Alberta Parenting for the Future** is dedicated to creating a dynamic centre where families gather together, connect with each other, and strengthen family relationships.

Phone:  780-963-0549

Fax:    780-963-3876

Website: [www.apfa.ca](http://www.apfa.ca)

**Family and Community Support Services (FCSS):**

Queen Street Place
105 - 505 Queen Street
Spruce Grove, Alberta  T7X 2V2

Phone (Program Registration and General Information): 780-962-7618
Office hours: Monday – Friday, 9:00 a.m. - noon and 12:30 - 4 p.m.

**If you have any questions or concerns, please do not hesitate to ask your health care provider.**

**Westgrove Maternity Group**

**780-962-9888**

**www.westgroveclinic.ca**

