



Being healthy physically, emotionally and mentally is the key to having a healthy baby. Being healthy means making mature decisions about your life style.



Help for

Having a Healthy Baby

Having a baby can be a wonderful and special time. Pregnancy brings many changes to your body and feelings. This can lead to a time of uncertainty with many questions and concerns. With reliable and accurate information, you can make good decisions to have a healthy pregnancy and healthy baby.

A HEALTHY PREGNANCY includes:

- Regular medical checkups (*as soon as you think you are pregnant*)
- Eating nutritious food
- Being active
- Getting lots of rest
- AVOID smoking, alcohol and drugs
- Taking care of your oral health
- Taking care of your emotional health

Things You Can Do

Prenatal Nutrition

- Healthy eating plays an important role for both you and your baby's health. You will feel better and your baby will grow and develop healthy. Talk to your health care provider about prenatal vitamins
- Know the facts and know what you need. For more information visit the Public Health Agency of Canada's Healthy Pregnancy Website at www.healthypregnancy.gc.ca

Physical Activity and Rest

- Regular activity can help you to feel good, improve your mood, help with relaxing, reduce stress, and help you to sleep better
- Physical activity will increase your muscle tone, help build endurance for labour and delivery, and increase overall energy levels
- If you are not used to exercising, start slowly, increase gradually and don't overdo it

Alcohol

- IMPORTANT: There is no safe amount or time to DRINK ALCOHOL while pregnant. Drinking while pregnant puts your baby at risk for Fetal Alcohol Spectrum Disorder (FASD). As soon as you know you are pregnant or trying to get pregnant, stop drinking alcohol

Drugs

- IMPORTANT: almost all drugs both non prescription and prescription cross through the placenta and into a growing baby
- Check with your health care provider before using any kind of drug
- Street drugs at any time can cause damage to the developing baby and when used regularly, can cause a baby to be born addicted



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Smoking and Pregnancy

- If you smoke while pregnant your baby is smoking too! This also happens if you are around people who smoke. NO SMOKE IS BEST for both you and your baby who is constantly developing while in your body. For help contact www.pregnets.org

Oral Health

- When pregnant you are at greater risk for periodontal (gum and bone) disease
- Take care of your teeth; eating well, having regular dental checkups and cleanings can prevent periodontal disease

Emotional Health

- Moods and feelings change right along with your hormones and your body therefore it is important take care of your emotional health
- You need to rest. Do not skip sleep as your body is busy 24 hours a day as your baby develops. Take naps if you feel tired.
- Stay away from stress
- Talk and share feelings and thoughts with others, your partner, a trusted friend or a family member. Don't refuse help
- For more information see www.wellmother.com

Signs of Preterm Labour

(labour that starts before 37 weeks of pregnancy)

- Bad cramps or stomach pains that do not go away
- Bleeding, trickle or gush of fluid from your vagina
- Lower back pain/pressure, or a change in lower backache
- A feeling that the baby is pushing down
- Fever, chills, dizziness, vomiting or a bad headache
- Contractions, or change in the strength of these

Where to Find Help

NorWest Community Health Centres **622-8235**

525 Simpson St.
www.norwestchc.org

Thunder Bay District Health Unit **625-5972**

"Healthy Communities Family Health Program"
999 Balmoral Street
www.tbdu.com

Thunder Bay Regional Health Sciences Centre Maternity Centre **684-6228**

980 Oliver Rd.
www.tbrhsc.com

For current and up to date information/resources see: Having a Baby in Thunder Bay on the following web site <http://www.tbdu.com/HBHF/Prenatal/ThunderBayPrenatalCoalition.htm>