

# 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. Regardless of the type of family you see yourself as (birth or lone parent, mother/ father, partners, LGBTQ2S+, adoptive, surrogate or caregiver, etc.) 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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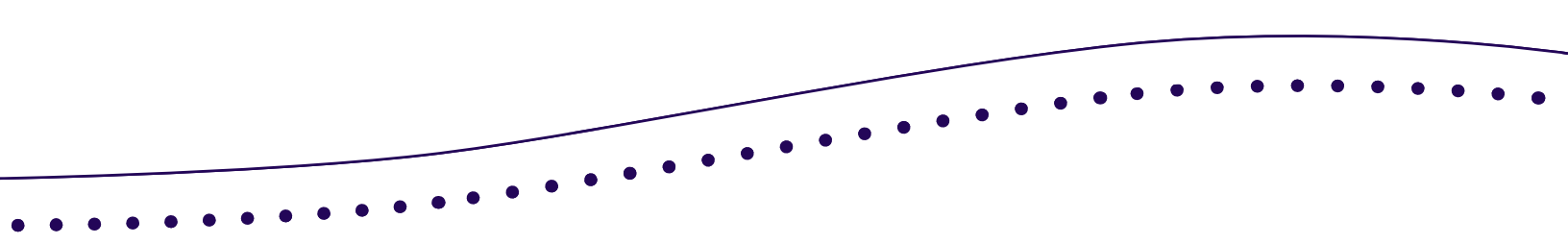
## Acknowledgements

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

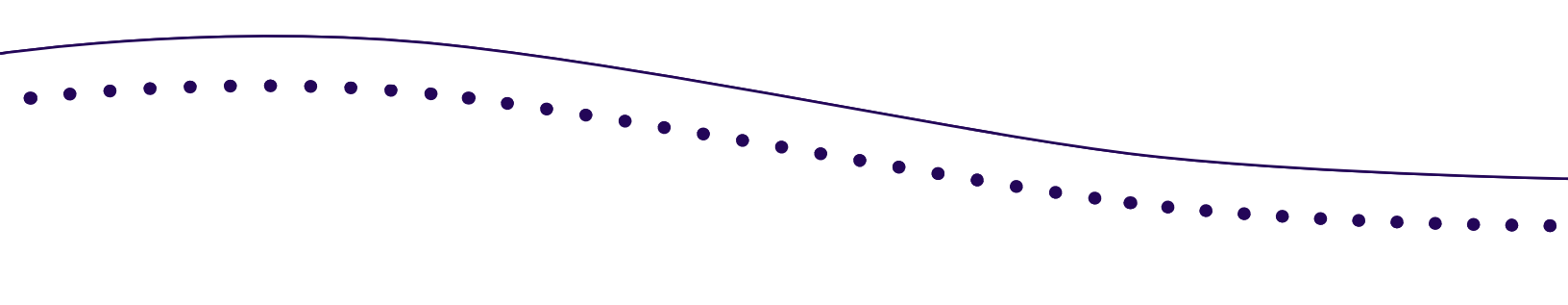


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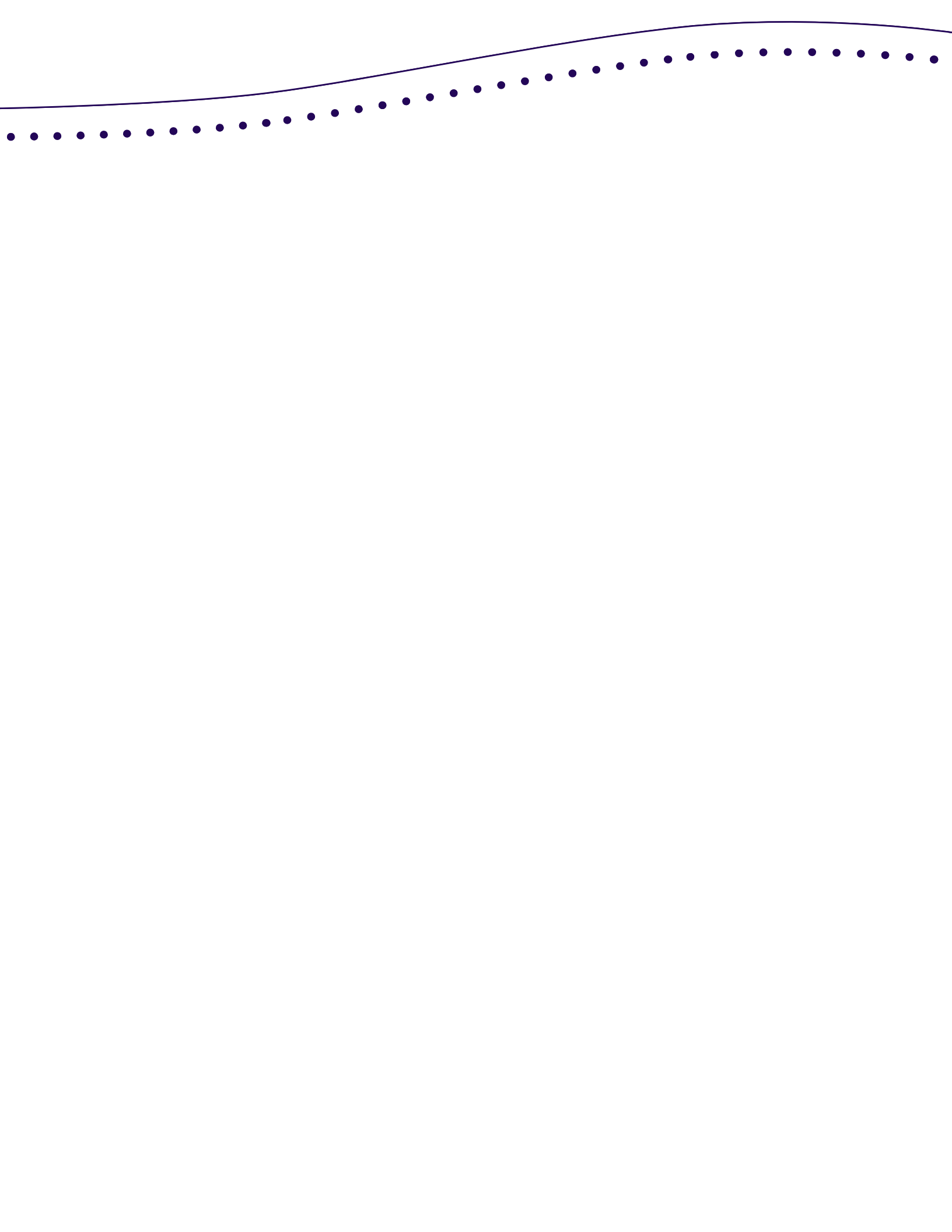
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# Prenatal Health Care



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. Individuals 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 individuals and deliver babies

## 2. Family Doctor

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

## 3. Midwife

- trained to care for pregnant individuals 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 individuals with normal pregnancies
- not trained to deliver babies

## 5. Public Health Nurse

- trained to provide support and care for pregnant individuals
- 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?
- Are they easy to talk to?
- Do they listen to me and discuss my concerns?
- Is the office near my home?
- Are they easy to get in contact with by phone?
- Will this health care provider deliver my baby?
- Where will they deliver my baby (home, hospital, birthing centre)?
- What have other parents 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 may:

- 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
- offer routine tests to make sure baby is healthy (ex: maternal serum screening, ultrasound)
- tell you how to keep your baby healthy
- answer your questions and listen to your concerns
- offer information about birthing and hospital options
- tell you about programs for pregnant individuals



## 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 individuals.



# Programs for Pregnant Individuals

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 individuals 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 and 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 and visit with other pregnant individuals / parents.
- Receive one-on-one support.

Milk coupons are provided to pregnant individuals and to the birth parent with a baby/babies up to 6 months old. Child-minding 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 individuals living in Manitoba, including individuals in First Nations communities.

**For the nearest Healthy Baby Community Support program or information on the Manitoba Prenatal Benefit, see the Manitoba Contact insert (included with this resource).**



**Canada Prenatal Nutrition Programs (CPNP)** also provide supports and services to pregnant individuals and new families in Manitoba.

- If you live in or outside of Winnipeg, or in a First Nations or Inuit Community, and want to learn about CPNP in your area see the Manitoba Contact insert.

**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 (see Manitoba Contact insert).

**A Public Health Nurse** can be a great source of information and can help connect you to programs and services. To reach a public health nurse in your area, contact your Regional Health Authority (see Manitoba Contact insert).

## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# 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 being ready to be born. There are three stages, called trimesters, in a pregnancy. Each trimester is about three months long.

You can shade in the circles to show where you are 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 their thumb and open and close their eyes.

## Third Trimester (weeks 29 – 40)

- ☐ Month 7
- ☐ Month 8
- ☐ Month 9

- During this stage, your baby is well developed.
- Your baby starts to gain weight (baby fat) and needs to strengthen their 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 often will likely feel closer to your baby later in your pregnancy, when you can feel your baby move and hear their 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 organs are forming (male or female)



# First Trimester (1 – 3 months)

## Learning About Becoming a Parent

During this stage you can:

- begin a journal and write down your feelings about being pregnant and becoming a parent
- 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 reliable Canadian websites for information or the library for books about pregnancy
- think about your experience as a child and decide how you want to parent your baby as they grow up
- get involved in a prenatal class or community group for pregnant individuals



## Second Trimester (4 – 6 months)

You will continue to build a relationship with your growing baby. This is a very precious time.

### 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
- able to suck their 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 your baby 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 their 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 your baby can recognize sounds (ex: your voice)
- movements change – no more somersaults but still kicks and wiggles a lot
- position may change and their 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

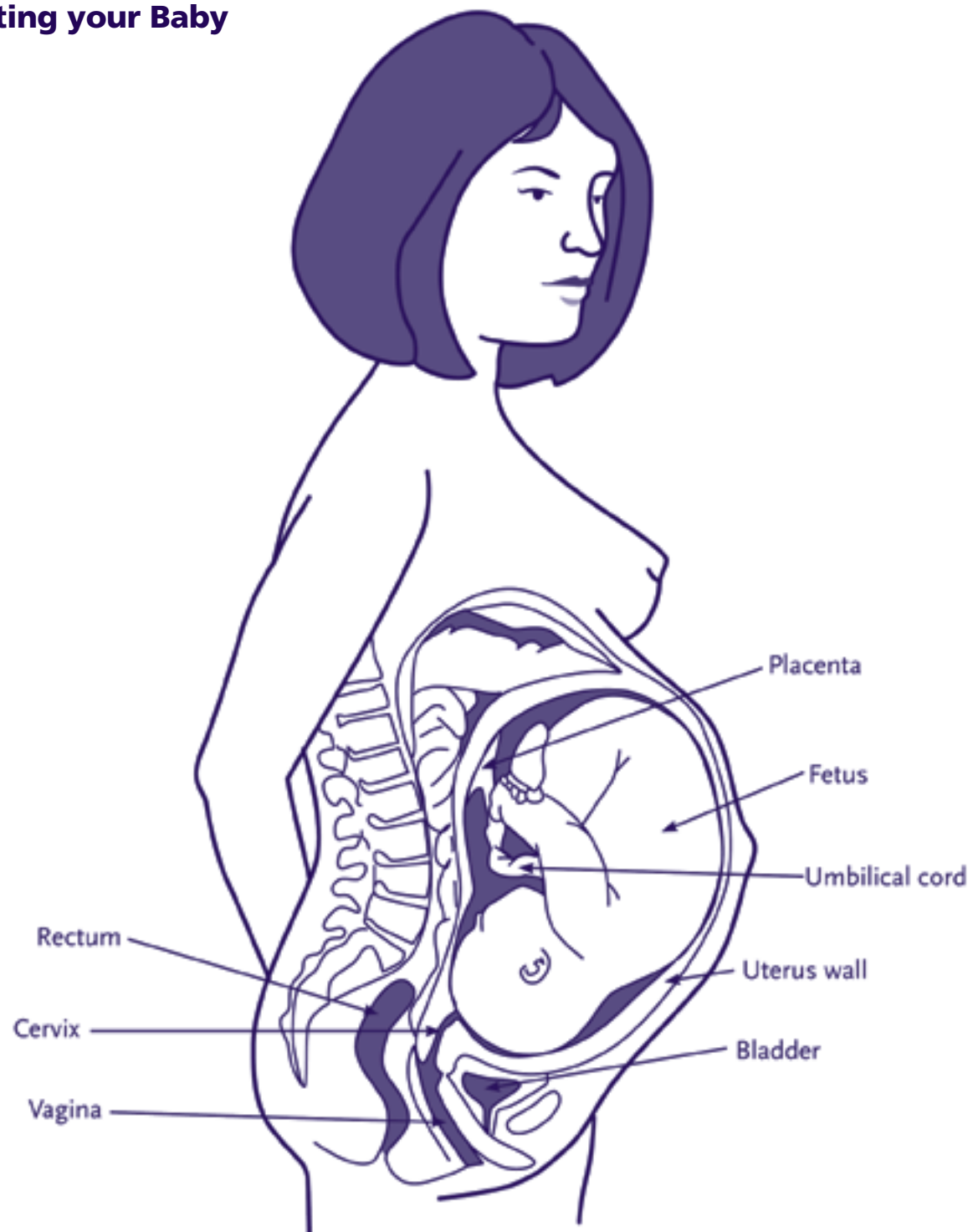


During this stage you can:

- get together with other parents to hear their stories about labour, birth and taking care of a new baby
- talk to your health care provider about labour and birth
- 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 crying baby
- find out about resources that will help you

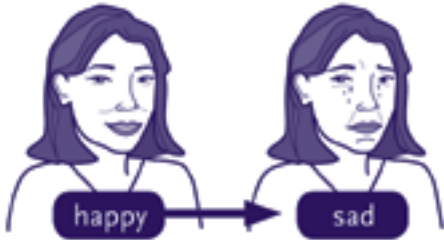


# Full Term

## Meeting your Baby






# Pregnancy Changes


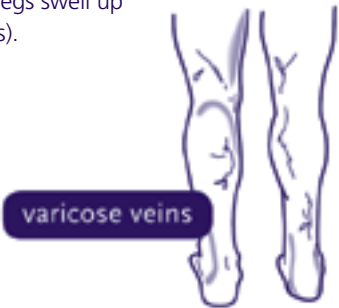
## First Trimester (1 – 3 months)

What Might Happen	Cause	What to Do
<p>You may have mood swings while you adjust to the changes in your body.</p> 	<p>Hormonal changes</p>	<ul style="list-style-type: none"> <li>• Discuss your feelings with your partner, close friends, and family.</li> <li>• Tell your health care provider if you cannot get rid of these feelings or if you always feel sad.</li> </ul>
<p>You may have “morning sickness” and are throwing up. Usually ends by the 4<sup>th</sup> month.</p> 	<p>Hormonal changes</p>	<ul style="list-style-type: none"> <li>• Eat bland food like dry toast/crackers before you get out of bed.</li> <li>• Lift yourself slowly out of bed.</li> <li>• Eat small portions every 1 - 2 hours.</li> <li>• Stay away from spicy, fatty and fried foods.</li> <li>• Avoid drinking liquids and eating a meal at the same time.</li> <li>• Tell your health care provider if you regularly throw up (especially after the 4<sup>th</sup> month of pregnancy).</li> </ul>
<p>You pee a lot.</p> 	<p>Uterus pressing against bladder Hormonal changes</p>	<ul style="list-style-type: none"> <li>• Reduce how much you drink in the evening.</li> <li>• 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.</li> <li>• Empty your bladder completely.</li> </ul>







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"> <li>• Use a pantyliner or pad and change it frequently.</li> <li>• Keep this area clean and dry.</li> <li>• Contact your health care provider if the fluid has a bad odour or makes you itch.</li> </ul>
<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"> <li>• Wear a comfortable supportive bra.</li> <li>• If breasts are uncomfortable, wear a bra at night (even when you sleep).</li> </ul>
<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"> <li>• Get up slowly from sitting or laying down.</li> </ul>
<p>You feel tired.</p> 	<p>Hormonal changes</p>	<ul style="list-style-type: none"> <li>• Get some rest.</li> <li>• Eat small portions of food throughout the day.</li> <li>• Drink a lot of liquids.</li> <li>• Accept help from your partner, family or friends.</li> </ul>
<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"> <li>• Talk to your partner about how you feel.</li> </ul>

## 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"> <li>• Pay attention to what your baby does.</li> <li>• Enjoy the feeling.</li> <li>• Tell your health care provider.</li> </ul>
<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"> <li>• Walk to help increase your blood flow.</li> <li>• Rest with your feet up.</li> <li>• Tell your health care provider.</li> <li>• Do not wear tight clothing, especially knee highs.</li> <li>• Wear support stockings.</li> </ul>
<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"> <li>• Appreciate this time.</li> </ul>
<p>Your skin colour may change.</p>	<p>Hormonal changes</p>	<ul style="list-style-type: none"> <li>• When outside, wear a hat or use sunblock with an SPF 30 or more.</li> <li>• Sun can worsen skin discolouration.</li> </ul>




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




## 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"> <li>Use lotion to help reduce the itching.</li> </ul>
<p>Fluid leaks from your breasts.</p> 	<p>Body is getting ready for breastfeeding</p>	<ul style="list-style-type: none"> <li>Use breast pads in your bra.</li> </ul>
<p>You experience Braxton-Hicks contractions.</p> 	<p>Uterus tightens and then relaxes</p>	<ul style="list-style-type: none"> <li>Walk around.</li> <li>Stay calm and breathe deeply.</li> <li>Contact your health care provider if the contractions continue.</li> </ul>
<p>You feel cramping in your legs.</p> 	<p>Decrease in circulation Weight gain</p>	<ul style="list-style-type: none"> <li>Elevate your feet.</li> <li>Stretch your legs and feet. Point your toes back and forth.</li> </ul>

### Important

See “Signs of Labour” on page 61 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"> <li>• Avoid spicy and fried foods.</li> <li>• Do not drink liquids with meals.</li> <li>• Eat smaller portions.</li> <li>• Do not lie down after a meal.</li> <li>• Elevate the head of the bed.</li> <li>• Drink a cup of milk.</li> <li>• Talk to your health care provider about other options.</li> </ul>
<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"> <li>• Eat more fibre (ex: whole grains, beans, figs, dried fruit).</li> <li>• Drink lots of liquids.</li> <li>• Walk often.</li> <li>• Do not sit or stand for long periods of time.</li> <li>• Tell your health care provider.</li> <li>• Sleep on your left side.</li> <li>• When sitting, elevate your legs.</li> <li>• Try Kegel exercises: tighten and relax your pelvic muscles like you are trying to stop the flow of pee.</li> <li>• Do not strain or push hard when having a bowel movement.</li> </ul>
<p>You are short of breath.</p> 	<p>Growing baby pressing on your lungs</p>	<ul style="list-style-type: none"> <li>• Keep your head raised when you sleep (2 or more pillows).</li> <li>• Wear loose-fitting clothing.</li> <li>• Have good posture.</li> <li>• Talk to your health care provider if your breathing is not better toward the end of your third trimester.</li> </ul>

What Might Happen	Cause	What to Do
<p>You feel nervous about going through labour and giving birth.</p> 	<p>Growing tired of pregnancy Worry about the pain of delivery</p>	<ul style="list-style-type: none"> <li>• Do other things to distract yourself (see/talk with friends, get ready for baby).</li> <li>• Tell yourself these are normal feelings and baby will be born soon.</li> </ul>
<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"> <li>• Do Kegel exercises: tighten and hold the muscles around your vagina and anus (See page 72).</li> <li>• Do this exercise several times throughout each day (See page 72).</li> </ul>
<p>Your sex drive decreases.</p> 	<p>Growing abdomen causes discomfort</p>	<ul style="list-style-type: none"> <li>• Talk to your partner about how you feel.</li> </ul>

# 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?

Individuals 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)

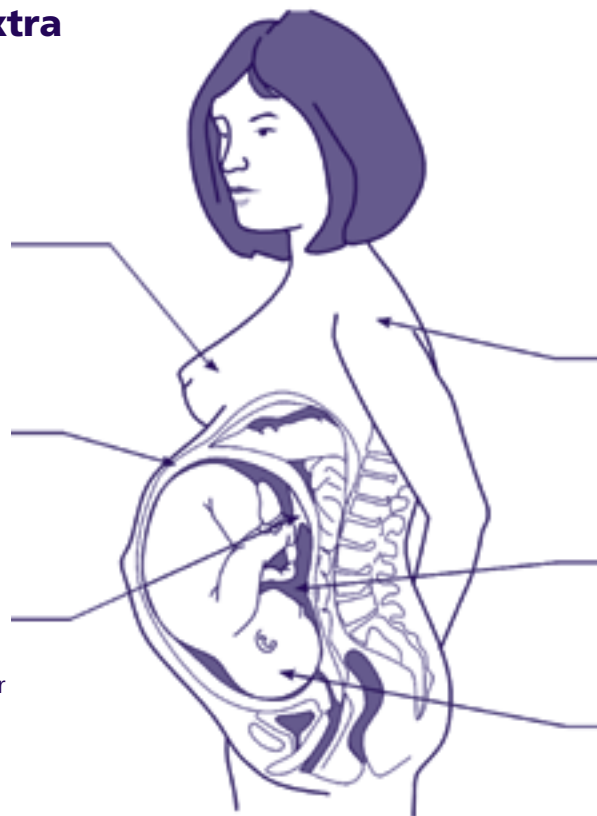
### Uterus

- 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

# A Message to the Partner/Father

Becoming a new parent for the first time can be a very special event. Regardless of the type of family you identify with (birth or lone parent, mother/father, partner, LGBTQ2S+, adoptive, surrogate or caregiver, etc.) worrying about your new role is normal.

Talk to your partner about becoming a parent/father and how you feel about babies. Ask how you can help with the pregnancy. Your most important job may be to understand your partner's feelings. Pregnant individuals 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 while growing up.

Talking to your new baby is also important. Your baby will recognize your voice if you start talking to your baby before they are born!

Tell yourself every day that you have the skills to be a good parent/father!







# Your Growing Baby's Calendar

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

## Notes

[illegible]

# Things to Know When You Are 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

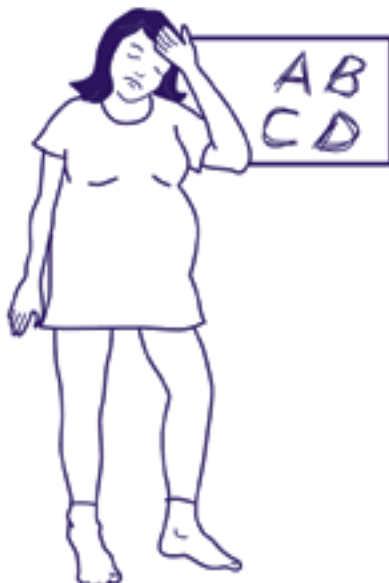


- Smelly fluid from your vagina that makes you itch

- 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 sexually transmitted and/or blood borne infections (ex: Hepatitis B or C, Chlamydia, Gonorrhea, Syphilis, HIV)



# Preterm Labour

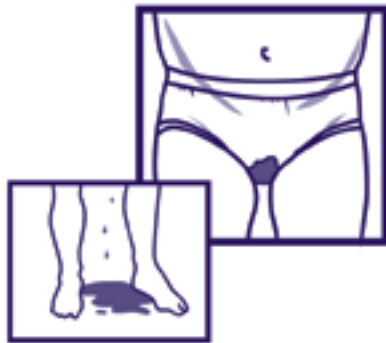
Preterm labour means going into labour before you are 37 weeks pregnant, and can lead to your baby being born too early. Babies who are born too early have a higher risk of health problems and often need to stay in the hospital for special care.

## Preterm Labour Signs

- Vaginal bleeding

- Sudden increase in vaginal discharge

- Water leaking from your vagina (before 37 weeks)



- Unusual dull pain in your lower back
- Need to pee urgently and often



- Feeling that something is wrong

- Cramps that feel similar to when you have your period

- Pelvic pressure that feels like your baby is pushing down



- 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 individuals 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.





# 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 better.

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

- What foods do I need during pregnancy?
- What nutrients do I need during pregnancy?
- How do I need to know about food safety?
- What foods should I avoid?



# Healthy Eating for You and Your Baby

Growing a baby requires extra energy (calories), but the needs are different for everyone. Eating for two does not mean that you need to eat double the amount that you usually eat. Eating for two means that you are aware of the foods that you put in your body to help grow a healthy baby.

Be mindful of your eating habits:

- Take time to eat.
- Notice when you are hungry and when you are full.
- Being mindful of your eating habits means being aware of:
  - How you eat
  - Why you eat
  - When you eat
  - Where you eat
  - How much you eat

Being mindful can help you:

- Make healthier choices more often
- Be aware of the foods you choose and your eating habits
- Reconnect to the eating experience by creating an awareness of your:
  - Feelings
  - Thoughts
  - Emotions
  - Behaviours

# Key Messages During Pregnancy

- Follow Canada's Food Guide
- Aim for 3 meals a day with healthy snacks in between
- Take a prenatal vitamin that has 0.4 mg of folic acid and 16-20 mg of iron
- Be active each day. Talk to your health care provider about exercise/being active during pregnancy

## Important




All individuals who could become pregnant and those already pregnant or breastfeeding need a daily prenatal vitamin with 0.4 mg of folic acid. Folic acid during pregnancy lowers the risk of neural tube defects (NTDs) and meets your extra needs while breastfeeding. If you are having a difficult time tolerating your prenatal vitamins, talk to your health care provider or public health nurse. Vitamins are not a replacement for healthy foods.

For prenatal nutrition information, tips and resources including recipes visit

<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/prenatal-nutrition.html>



# Recommended Foods

Food Groups	How Eating these Foods Helps Me and my Baby	Examples
<b>Vegetables and Fruit</b> 	<p>Vegetables and fruit have fibre, vitamins and minerals that are necessary for energy and overall health.</p> <p>Some of these foods contain folate, which helps your baby grow a healthy brain and spine.</p>	<ul style="list-style-type: none"> <li>• Fresh, frozen or canned fruits and vegetables</li> <li>• Leafy vegetables</li> <li>• Raw and cooked vegetables and fruits</li> </ul>
<b>Protein</b> 	<p>Protein helps the uterus and placenta become strong to support your baby's growth.</p> <p>Calcium-rich protein sources such as milk, yogurt, cheese, and soy beverages help you and your baby build and maintain healthy bones and teeth.</p> <p>Many protein sources such as meat, poultry, fish, eggs, peas, lentils, nuts and seeds provide iron which is needed to make healthy blood for you and your baby.</p>	<ul style="list-style-type: none"> <li>• Wild meats, lean meats, and poultry</li> <li>• Eggs</li> <li>• Nuts and Seeds</li> <li>• Fish and shellfish</li> <li>• Lower fat milk (skim, 1 or 2%)</li> <li>• Yogurt (plain, lower fat/sugar)</li> <li>• Cheeses (lower in fat or sodium)</li> <li>• Beans: (dried or canned) black, kidney, white etc.</li> <li>• Lentils: brown, green, red or other</li> <li>• Peas: chick peas and split peas</li> <li>• Fortified soy beverages, tofu, soybeans and other soy products</li> </ul>
<b>Whole Grains</b> 	<p>Whole grains provide fibre, vitamins and minerals that are needed for both you and your growing baby.</p>	<ul style="list-style-type: none"> <li>• Whole grain pasta</li> <li>• Whole grain bread, tortilla or pita bread</li> <li>• Whole oats or oatmeal</li> <li>• Whole grain, brown or wild rice</li> <li>• Quinoa</li> </ul>



# Nutrients Needed During Pregnancy

## Iron

Iron is an important nutrient at every stage of life. During pregnancy, you need more iron to support the higher amount of blood in your body. This higher blood volume supports your growing baby and placenta. In the third trimester of pregnancy, your baby builds iron stores for the first six months of life.

Follow Canada's Food Guide and take a daily prenatal vitamin that has **16 to 20 mg of iron** to help meet your iron needs.

- Some women may need more iron than others. Talk to your health care provider to find out how much iron is right for you.
- If you are having a hard time taking a prenatal vitamin or iron supplement, talk with your health care provider.

Everyday try to include some iron-rich foods from this list:

### Excellent sources

- Lean red meat including wild game, poultry, fish, eggs
- Pulses such as beans, peas, lentils, chickpeas
- Tofu

### Good sources

- Enriched whole grains such as breads, instant oatmeal, bran cereals, pasta, rice
- Nuts and seeds such as pumpkin seeds, unsalted sunflower seeds
- Some vegetables such as pumpkin, artichoke hearts, peas, potatoes, spinach

# Vitamin D

Having enough vitamin D is important for everyone. Vitamin D is needed to keep bones, muscles and teeth healthy, reduce the risk of bone fractures, and prevents osteoporosis (a bone disease where bones become very thin and weak over time). While osteoporosis is more common among older individuals, it can affect people of all ages.

How much vitamin D is needed when you are pregnant?

- 600 International Units (IU) each day. Stay below 4000 IU each day as too much vitamin D can be harmful.

How do I get enough vitamin D?

- **Food** is one way to get vitamin D (see list below). Check labels to find out how much vitamin D is in your food. For more information on how to check food labels, visit Health Canada's website at [www.healthcanada.ca](http://www.healthcanada.ca) (search nutrition facts table).

Some foods that have vitamin D		
Food	Serving Size	Amount of vitamin D (IU)
Salmon	75 g (2 ½ oz.)	340-636 (amount varies by species and location)
Cow's milk	250 ml (1 cup)	100
Skim milk powder	¼ cup (makes 250 ml of milk)	100
Soy/rice/almond/cashew beverage, fortified with vitamin D	250 ml (1 cup)	86
Egg yolks	2 large (cooked)	57-88

- **Supplements** can also provide vitamin D. Most prenatal vitamins have 400 IU vitamin D. Talk to your health care provider if you need to take an additional vitamin D supplement.
- **Sun** exposure is another way of getting vitamin D; however, it is NOT the safest way to meet your needs. Spending too much time in the sun is not recommended as it increases the risk of getting skin cancer.

# Food Safety

During pregnancy, both you and your baby are at a higher risk of food poisoning. The changes taking place in your body makes your immune system weaker and you are less able to fight off infections. Here are some important food safety tips to keep in mind.

## **Cook:**

Cook food to a safe temperature. You can check this by using a food thermometer. Health Canada recommends cooking temperatures for food (see <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safeinternal-cooking-temperatures.html#s2> or see Internal Cooking Temperature chart (page 40).

## **Clean:**

Wash your hands and surfaces often with warm, soapy water. Wash all vegetables and fruits. Wash the skin of melons and other fruit with warm water before cutting into it.

## **Chill:**

Refrigerate food and leftovers quickly within 2 hours. Your fridge should be 4°C or cooler.

## **Separate:**

Separate raw foods, such as meat and eggs, from cooked foods and foods that will not be cooked (e.g. vegetables and fruit) to avoid cross-contamination.

## **Defrost:**

Thaw frozen food in the fridge, in cold water or in the microwave. Do not thaw foods at room temperature.



# Internal Cooking Temperatures

Cook food to a safe temperature. You can check this by using a food thermometer. Health Canada recommends these cooking temperatures for food.

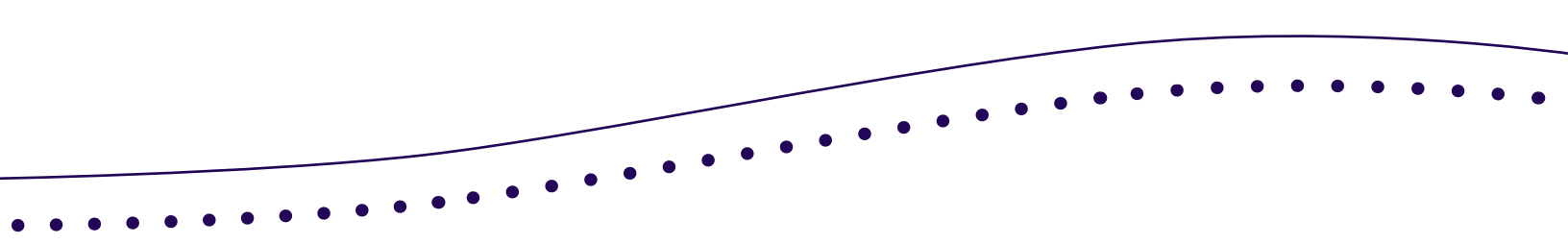
Food	Temperature
<b>Beef, veal and lamb (pieces and whole cuts)</b>	
Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
<b>Pork</b>	
Pork (pieces and whole cuts)	71°C (160°F)
<b>Poultry (chicken, turkey, duck)</b>	
Pieces	74°C (165°F)
Whole	85°C (185°F)
<b>Ground meat and meat mixtures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



# Foods to Avoid and Safer Options

During your pregnancy, you can eat many of the foods that you normally eat. Health Canada states some foods are not safe and recommends you should avoid them or use a safer alternative when eating these foods.

Type of Food	Food to Avoid	Safer Alternative
<b>Egg and egg products</b>	Raw or lightly cooked egg or egg products, including in: <ul style="list-style-type: none"> <li>homemade salad dressings with raw egg</li> <li>cookie dough or cake batter</li> <li>sauces</li> </ul>	Eggs should be cooked until the yolk is firm.
<b>TIP: Pasteurized egg products can be used when making uncooked food that calls for raw eggs.</b>		
<b>Dairy products</b>	Raw or unpasteurized milk Unpasteurized cheese: <ul style="list-style-type: none"> <li>Soft and semi-soft cheese, such as Brie, Camembert, Havarti, Feta, goat and blue-veined cheeses</li> </ul>	Pasteurized dairy products, hard cheeses such as mozzarella, cheddar, swiss, and parmesan.
<b>Meat and poultry</b>	Raw or undercooked meat or poultry	Meat and poultry cooked to a safe temperature. See Health Canada's Internal Cooking Temperature's website or chart (pg. 40)
<b>TIP: To help prevent food poisoning, remember to use a food thermometer to check the temperature.</b>		
<b>Seafood</b>	Raw seafood (oysters, clams and mussels) Any sushi with raw fish 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 <b>until after</b> opening.
<b>TIP: Refrigerated smoked seafood can be eaten safely when fully cooked to a safe internal temperature, such as in a casserole.</b>		
<b>Fish</b>	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.
<b>Hot dogs</b>	Wieners/hot dogs straight from the package.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog is steaming hot or 74°C (165°F)
<b>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.</b>		



Type of Food	Food to Avoid	Safer Alternative
<b>Deli meats</b>	Non-dried deli meats, such as bologna, ham, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
<b>Sprouts</b>	Raw sprouts such as alfalfa, clover, radish, and mung beans.	Thoroughly cooked sprouts.
<b>Pâtés and meat spreads</b>	Refrigerated pâtés and meat spreads.	Pâtés and meat spreads sold in cans or those that do not require refrigeration <b>until after</b> opening.
<b>Fruit juice and cider</b>	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 and 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>

For more information about eating fish that is safe, visit:

<http://www.hc-sc.gc.ca/fnan/pubs/nutrition/omega3-eng.php>

## Additional Resources

### Recipe Websites:

- Healthy Child Manitoba Healthy Baby Cookbook – Favourite Family Foods:  
[https://www.gov.mb.ca/healthychild/healthybaby/hb\\_cookbook.pdf](https://www.gov.mb.ca/healthychild/healthybaby/hb_cookbook.pdf)
- Health Canada / Canada's Food Guide:  
<https://www.canada.ca/en/healthcanada/services/canada-food-guide/tips-healthy-eating/meal-planningcooking-healthy-choices/recipes.html>
- Dietitians of Canada Cookspiration: [www.cookspiration.com](http://www.cookspiration.com)

If you have questions about nutrition for your pregnancy and to speak to a registered dietitian for free, call **Dial a Dietitian**, see Manitoba Contact insert.

# Answers to Common Questions

## Can I drink coffee, tea, or soft drinks?

All of these drinks may have caffeine in them. It is not healthy for your baby if you drink too much caffeine. Limit caffeine such as coffee, black/green tea, or pop to 300 mg or about 2 cups (500 ml) per day. Try healthier beverages like water and milk. Some herbal teas are not safe to drink during pregnancy. Ask your health care provider for a list of safe teas.



## Can I eat salt?

Both you and your baby need salt but too much salt is unhealthy. Try to limit foods that are very high in salt such as canned and processed foods and snack foods (soups, ravioli, hotdogs, deli meat, chips, etc.). Cook with less salt.

## Do I need to take prenatal vitamins?

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

All individuals who could become pregnant and those already pregnant or breastfeeding need a multi-vitamin containing folic acid every day. Taking folic acid and following **“Sensible Guide to a Healthy Pregnancy”** can lower the risk of neural tube defects (NTDs) in pregnancy and meet your extra needs when breastfeeding.



## Important

Vitamins are not a replacement for healthy foods.

## 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, canned salmon with bones, sardines, fortified soy beverages, tofu 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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# 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 use 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 born too early (preterm) and sick
- the baby to have a low birth weight
- the baby to have a higher risk of learning problems when they grow up
- Sudden Infant Death Syndrome (SIDS - sudden death of baby)
- lower absorption of nutrients in food and lower appetite



## What You Can Do

- Stop or reduce smoking. For help call Smokers Helpline (see Manitoba Contact insert)
- 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

## Alcohol can cause:

- a baby with Fetal Alcohol Spectrum Disorder (FASD)
- a miscarriage or stillbirth
- a baby with low birth weight
- a baby born prematurely



Fetal Alcohol Spectrum Disorder (FASD) is a medical diagnosis that describes impacts to the brain and body of a person exposed to alcohol prenatally (before birth). FASD is a lifelong disability. People with FASD might experience some challenges, and may need support with things like:

- social skills
- learning
- memory
- attention
- communication
- controlling emotions
- physical health



The safest option during pregnancy or when planning to become pregnant is not to drink alcohol at all.

Many women drink alcohol before they know they are pregnant but it is never too late to make changes to alcohol use during pregnancy. Stopping or reducing alcohol use as soon as possible and looking after your health, are the best ways to improve the health of your pregnancy.

## What You Can Do

- Ask a friend, family member or health care provider for help.
- If you want support to stop drinking, contact Addictions Foundation of Manitoba - Women's Services (see Manitoba Contact insert).
- If you want to talk to someone who can answer questions about alcohol and drugs and offer support options for people struggling with substance use, you can contact the Manitoba Addictions Help Line (see Manitoba Contact insert) or visit <http://MBAddictionHelp.ca>.



# Drugs and Medications

## Drugs

Drugs like cannabis, 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 You Can Do

- Stop or reduce drug use. For help call Addictions Foundation of Manitoba - Women's Services (see Manitoba Contact insert).
- 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 You Can Do

- Ask your health care provider or pharmacist about any medications you are taking to see if they are safe to take during pregnancy





# Caffeine

Caffeine is found naturally in plants such as coffee beans and tea leaves. It's also added to soft drinks and energy drinks. Health Canada recommends that pregnant women limit their intake of caffeine.

## **Caffeine during pregnancy, in larger amounts, can cause:**

- increased risk of miscarriage
- your baby to have a low birth weight
- you to have a headache, fast heart rate, and sleeping problems.

## **What You Can Do**

- Limit caffeine to 300 mg or about 2 cups (500 mL) of coffee per day
- Drink water or milk most often
- Limit caffeine foods and drinks, such as black and green teas, cola, chocolate, energy drinks, and cough and headache medicines
- Have no more than 2-3 cups (500-750 mL) of these safe herbal teas per day:
  - Bitter orange/orange peel
  - Echinacea
  - Peppermint
  - Red raspberry leaf
  - Rosemary
  - Rose hip
  - Ginger

## **Important**

These teas are NOT safe to drink during pregnancy:

- Chamomile
- Aloe
- Calendula
- Sage



# Unhealthy & Abusive Relationships

You deserve to be in a healthy relationship where there is trust, respect, honesty, and equality between you and your partner. In unhealthy relationships, you may feel anxious, confused and even unsafe. Sometimes unhealthy or abusive behaviors can begin or get worse during pregnancy and can cause harm to you and your baby. Abuse can be physical, verbal, psychological, emotional, sexual and include property damage.

## What You Can Do

- Go to someone you trust if you are experiencing abusive behavior from your partner.
- Get support to make a plan to be safe.
- For help, contact the Domestic Violence Crisis line (see Manitoba Contact insert).

# Stress

Stress is normal. 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). It is important to find ways to cope with your feelings if you feel anxious or tense.

## What You Can 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 individuals to get support from other individuals 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 You Can 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 You Can 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 You Can 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 You Can Do**

- Discuss treatment options with your health care provider.
- Finish all your medication (antibiotics) given during pregnancy.
- If you have Strep B, go to the hospital when your labour starts.
- Protect your baby by taking an intravenous antibiotic during labour and delivery.



# Sexually Transmitted Infections (STIs)

STIs are infections (ex. HPV, herpes, chlamydia, syphilis, gonorrhea) that are spread from one person to another through sexual contact (exchange of semen, vaginal fluid, blood or other fluids) including oral sex. Blood borne infections (BBI) are transmitted by contact with contaminated blood. Some infections (ex. HIV, Hepatitis B and C) may be spread through both sexual and blood contact.

You can get an STI before, during or after your pregnancy.

## STIs can cause:

- birth defects
- pain
- organ damage

## What You Can Do

- Always use a condom when having vaginal/anal sex and a dental dam for oral sex.
- Get STI testing early in pregnancy; often you can have an STI without any symptoms.
- Talk to your health care provider about treatment options to protect you and your baby.



# HIV

HIV is a virus that can lead to AIDS. You can get HIV by having unprotected sex or 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 You Can Do**

- Always use a condom when having vaginal/anal sex and a dental dam for oral 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 You Can Do

- Talk to your health care provider if you think you have been exposed to a hidden exposure. Ask how to avoid or limit hidden exposures.

## Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The overall appearance is that of a clean, unused piece of stationery or notebook paper.

# 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.

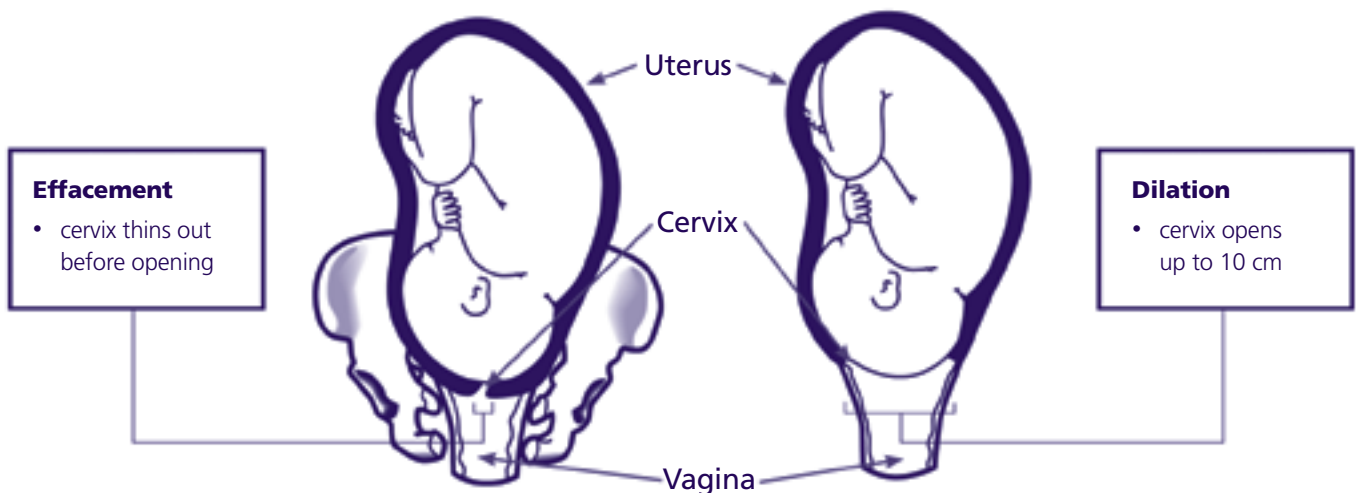
This section is all about what to expect from labour and birth. You will find answers to the following questions:

- 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?

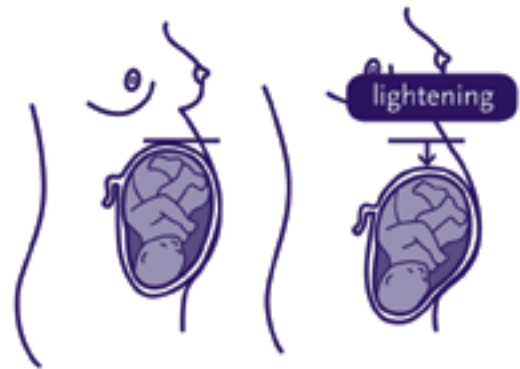
The length of labour is different for everyone. On average, labour can last 12 - 20 hours for your first birth.

# 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.

## 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 You Can Do

- Watch for other signs of labour.

## 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.

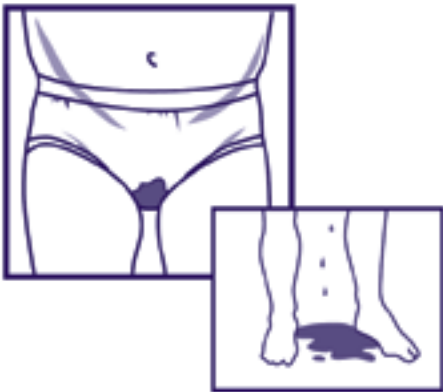


### What You Can Do

- Contact your health care provider.

# 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.

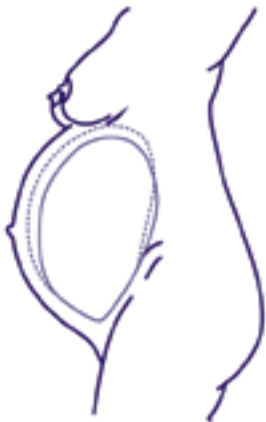


## What You Can Do

- Keep a note of what time your 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.

# 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. Some of these contractions may be false labour and are preparing your body for birth. The chart below can help you know if you are really in labour.



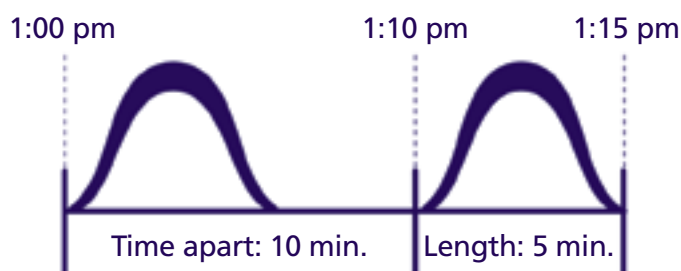
False Labour Contractions	True Labour Contractions
Do not get stronger	Get stronger
Last for hours or days and then stop	Are regular times apart and, as time goes on, get closer together
Go away with walking	Get stronger with walking
Strongest in front and no "bloody show"	May begin back and move to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

## What You Can 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

Keep track 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 You Can 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 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.



### Stage 3

- You push the placenta out.



### Stage 4

- You rest and recover from labour and birth.
- You get to know your baby.





# 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.

- Take deep slow breaths during early labour
- Breathe in and out rapidly through your mouth during later stages of labour.



- 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 individuals 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 that are given either by a needle or through an IV
  - an 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.

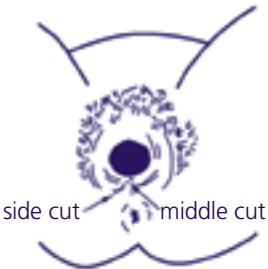


# Labour Positions

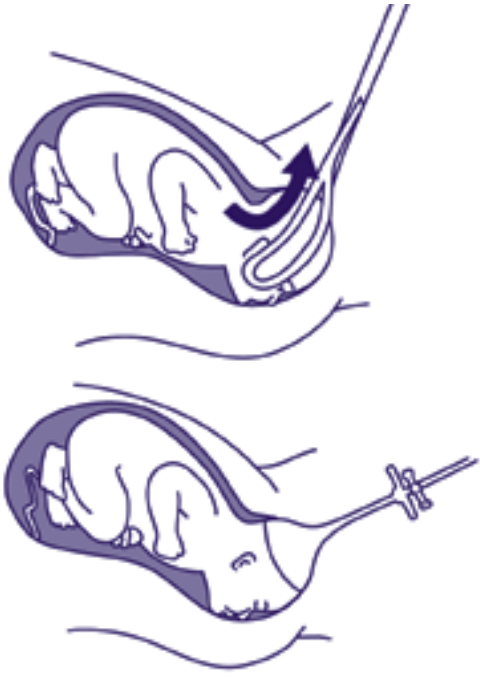
While you are in labour, you can try different positions to get more comfortable. Changing positions may also help your baby move down. Try the positions below to see if it helps.



# 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
<b>Episiotomy</b> 	<ul style="list-style-type: none"> <li>Small cut is made to make the opening of the vagina bigger</li> <li>Vagina is stitched up afterward</li> </ul>	<ul style="list-style-type: none"> <li>Helps your baby come out</li> </ul>
<b>Induction</b> 	<ul style="list-style-type: none"> <li>Your bag of water is broken or medication is used to start labour</li> </ul>	<ul style="list-style-type: none"> <li>Baby is overdue</li> <li>No contractions even though water has broken</li> <li>Other special health reasons</li> </ul>
<b>Fetal Monitoring</b> 	<ul style="list-style-type: none"> <li>Machine listens to your baby's heart or checks on the timing and strength of your contractions</li> </ul>	<ul style="list-style-type: none"> <li>Makes sure your baby is doing well and labour is progressing</li> </ul>

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

# 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 want to learn about the hospital you may deliver at, visit these websites or talk to your health care provider.

In Winnipeg:  
St. Boniface General Hospital,  
<http://www.sbggh.mb.ca/prog-wcpregnancy.html>

Women's Hospital Health Sciences Centre,  
<http://www.hsc.mb.ca/patientswomenshosp.html>

Outside Winnipeg:  
Ask your health care provider where you will deliver your baby and for hospital information and if a tour is available.



# 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 staying 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 or public health nurse 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 about 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.

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

#### Important

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 approximately 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 checkup 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 parent
- 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 questions about caring for your new baby (ex: How often does my baby need to feed? What do I do if the baby will not stop crying? Why should I put my baby on their 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.
- Limit the amount of visitors, and keep the visits short.
- Ask partner, 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) or short of breath.
- Like you are sweating.

## Important

If you feel sad for a long time or are finding it hard to cope, call your health care provider.

**If you feel like you might hurt your baby or yourself**, immediately call someone you can trust (partner, family, friend, health care provider etc.) or call/go to your local hospital emergency.

## Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

# 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 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 my baby and me?
- 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 breast milk only (and no other foods) for the first six months. 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.
- Your uterus returns to regular size more quickly and postpartum bleeding can be reduced.
- 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 your baby has other symptoms such as spitting up/vomiting, colic, diarrhea, rash, persistent cough or runny nose, talk to your health care provider.

## **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 cannot do this, you can still breastfeed, as it is good for you and especially baby.

## **You and drinking alcohol**

When you drink, alcohol gets into your breast milk. The amount of alcohol in breast milk depends on how much alcohol you drink. In large amounts, alcohol may affect your baby's sleep or reduce the amount of milk your baby takes at feeding time.

If you are breastfeeding it is safest to limit your alcohol use to one drink or less per day. If you are going to drink alcohol, it is best to feed your baby first, have a drink and then wait two to three hours before you breastfeed again. This allows time for the alcohol to leave your body. A parent who only drink once in a while should still breastfeed, because the benefits are greater than the risks. If you are breastfeeding and plan to have a few drinks, you can express and store your breastmilk ahead of time to give to your 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 fingers/fists in their mouth. Talk to your health care provider if you are concerned about how your baby is feeding so they can help you with your milk supply and latch.

## **Your partner and breastfeeding**

Your partner can be with you while you breastfeed and help by burping 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.

## **Breastfeeding Resources**

### **Baby's Best Chance (6th Edition)**

<https://www.health.gov.bc.ca/library/publications/year/2017/BabysBestChance-Sept2017.pdf>

**Breastfeeding Support Hotline** (see Manitoba Contact insert)



# 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 your baby is awake.
- Place your baby in a crib or playpen if you need to leave the room.
- Always keep at least one hand on your baby when you change, dress, or bathe your baby.



## 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 their 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 home.
- 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
<b>Playpens</b> 	<ul style="list-style-type: none"> <li>• Good condition</li> <li>• Sturdy floor</li> <li>• Thin foam pad</li> <li>• Hinges are sturdy and cannot pinch</li> <li>• Fine mesh sides are free of rips and tears</li> </ul>
<b>Cribs</b> 	<ul style="list-style-type: none"> <li>• Built in 1986 or later</li> <li>• Good construction</li> <li>• Made with screws and bolts</li> <li>• No hooks or clamps</li> <li>• Firm, snug mattress (should not be able to fit more than 2 fingers between the mattress and side of crib)</li> <li>• Do not place a pillow, bumper pads or toys in crib (may increase risk of SIDS)</li> <li>• Place the crib away from windows, lamps, and cords</li> </ul>
<b>Baby Seats</b>	<ul style="list-style-type: none"> <li>• Wide, sturdy, non-slip base</li> <li>• Safety straps</li> <li>• Only use a baby seat on the floor, never on a table</li> </ul>
<b>Car Seats</b>	<ul style="list-style-type: none"> <li>• Use a car seat every time your baby travels in a car</li> <li>• Car seats are required by law and must meet Canadian motor vehicle safety standards</li> <li>• The recommended car seat for a child birth to 1 year old is a rear-facing car seat</li> <li>• The safest place for the rear-facing car seat is the rear seat of the vehicle</li> <li>• Install the car seat using the directions provided by the manufacturer</li> <li>• Car seat inspections are available by appointment throughout Manitoba. Call the Road Safety Programming department (see Manitoba Contact insert)</li> </ul>

## Important

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

Equipment	What To Look For
<b>High Chairs</b> 	<ul style="list-style-type: none"> <li>• Wide, sturdy base</li> <li>• Safety belt and harness with straps that fit between baby's legs</li> <li>• Smooth tray with no sharp edges that can pinch</li> <li>• Always strap your baby into their high chair</li> <li>• Never seat your baby near a stove or countertop</li> </ul>
<b>Soother</b> 	<ul style="list-style-type: none"> <li>• One-piece construction</li> <li>• Nipple firmly attached</li> <li>• Too big to swallow</li> <li>• No cracks or tears</li> <li>• Replace your baby's soothers every 2 months</li> <li>• Never hang a soother from your baby's neck</li> </ul>
<b>Clothes</b>	<ul style="list-style-type: none"> <li>• No pieces hanging (ex: cords, drawstrings, ribbons, scarves)</li> <li>• No loose, small parts (ex: buttons)</li> <li>• Snug fit</li> <li>• Sleepwear made of fire-retardant material</li> </ul>

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

### Important

For more information on Product Safety visit

<https://www.canada.ca/en/health-canada/topics/consumer-product-safety-education.html>

# Sudden Infant Death Syndrome (SIDS)

Sometimes healthy babies who are less than one 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 their back, NOT their 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 them.
- 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 under one month of age sleep in a car seat unless they are traveling in the car.
- Do not put your baby under one month of age 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 your baby 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 they start to cry. Do NOT let your baby cry so hard they cannot stop.
- Take a break, put your baby in their 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

[illegible]



## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Notes

[illegible]



# References

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Healthy Baby Program  
Department of Families