

Is it Safe?

During Pregnancy and For Mom and Baby



IS IT SAFE IN PREGNANCY?



Presenter's Notes

Is it Safe? During Pregnancy

Purpose: To encourage participants to become aware of the foods and products which are unsafe and should be avoided or limited during their pregnancy and/or after their baby is born. Sometimes small changes that a woman makes, can improve the chances of a healthy pregnancy, healthy baby and healthy mom.

How to use the kit:

- Read the questions to the group and discuss the answers OR hand out the questions to participants to read the questions and get others in the group to answer.
- There are many questions so the presenter can select questions that may be most relevant or of interest to your group.

Note:

This activity can be used as a main topic or as a shorter topic/nugget by using only a few of the questions during the session.

Is it safe to have an X-ray when you are pregnant?



Only if needed

- Teeth or lung X-rays are usually safe but you should only have one if needed. Avoid routine dental x-rays during pregnancy.
- If you have an X-ray:
 - Tell the X-ray technician that you are pregnant
 - Always wear a lead apron

References:

- Public Health Agency of Canada. The Healthy Pregnancy Guide. http://www.phac-aspc.gc.ca/hp-gs/guide/06_oh-sb-eng.php
- Tirada, N., et al., *Imaging Pregnant and Lactating Patients*. Radiographics, 2015. **35**(6): p. 1751-65.

Is it safe to eat fish when you are pregnant?



Safe-for most fish

- Fish provides protein, iron and healthy fats that help with your baby's brain and eye development. Canada's Food Guide recommends 2 servings (150g or 1 cup) of fish each week.
- Canned tuna is safe to eat during pregnancy. Choose canned **light** tuna more often. Eat **no more** than 4 servings (up to 300g or 2 ½ cans) of albacore tuna per week.
- Some fish, like fresh and frozen tuna, swordfish, escolar, orange roughy, marlin and shark, contain high levels of mercury, that can be toxic to your baby. You should eat no more than 2 servings (150 g) of these fish per month.
- Imported and especially dried fish from Asia may contain high levels of mercury which can harm a baby's brain.
- Avoid any sushi made with raw fish or smoked salmon.
- Avoid raw oysters, clams and mussels.

References:

- PEN: Practice-based Evidence in Nutrition. Healthy Eating Guidelines for Choosing Fish Low in Mercury. <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=2503&trid=19849&trcatid=467>
- PEN: Practice –based Evidence in Nutrition. Pregnancy: Key practice points. <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=3043&pqcatid=145&pqid=3207>
- Health Canada: Mercury in fish: Questions and answers. http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/envIRON/mercur/merc_fish_qa-poisson_qr-eng.php
- Reference: Health Canada. Food safety for pregnant women <http://healthycanadians.gc.ca>

Is it safe to eat liver when you are pregnant?



Caution

- Liver contains very high levels of a form of Vitamin A that can cause birth defects if eaten in excess.
- Pregnant women should limit the amount of liver and liver products (liver spread, liver sausage) they eat in the first trimester to 1 serving (75 g) or less per week. After the first trimester, it is safe to eat liver in moderation.
- Turkey liver and veal liver have the highest amounts of Vitamin A.

References:

- PEN: Practice-based Evidence in Nutrition. Healthy Eating Guidelines for Pregnancy.
<http://www.pennutrition.com/KnowledgePathway.aspx?kpid=3043&trid=12431&trcatid=467>
- Dietitians of Canada. Food Sources of Vitamin A.
<http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Vitamins/Food-Sources-of-Vitamin-A.aspx>

**Is it safe to sleep on your stomach
when you are pregnant ?**



Safe in early pregnancy

- No specific sleep position is recommended by the society of obstetricians and gynecologist of Canada.
- Lying on your stomach will put pressure on your growing uterus. It can be uncomfortable as your belly grows.
- Avoid lying on your back after 16 weeks. As the uterus grows it puts pressure on important blood vessels that run down the back of your stomach and reduces circulation of blood to the baby.
- It is best to lie or sleep on your side. The left side is best

References:

- Society of Obstetricians and Gynecologists of Canada. <http://sogc.org/healthybeginnings>
- American Pregnancy Association. Sleep Positions During Pregnancy. <http://americanpregnancy.org/pregnancy-health/sleeping-positions-during-pregnancy/>

**Is it safe to clean your cat's litter box
when you are pregnant?**



Not Safe

- Some outdoor cats carry a parasite in their poop that causes a disease known as **toxoplasmosis**. You can also get toxoplasmosis from eating raw or uncooked meat.
- Having toxoplasmosis during pregnancy increases the risk of birth defects in the baby including blindness and brain damage.
- It is best to have someone else clean the litter box for you or wear gloves and wash your hands immediately after changing the litter box.
- Use rubber gloves when you are gardening as many outdoor cats use soil as a litter box.

References:

- The College of Family Physicians of Canada. Pregnancy – during pregnancy: taking care of you and your baby. <http://cfpc.ca/ProjectAssets/Templates/Resource.aspx?id=1412&langType=4105&terms=toxoplasmosis>
- Paquet, C. and M.H. Yudin, *Toxoplasmosis in pregnancy: prevention, screening, and treatment*. J Obstet Gynaecol Can, 2013. **35**(1): p. 78-81.

Is it safe to colour your hair when you are pregnant ?



Safe with caution

- Most research shows that hair colouring dyes are safe for **occasional** use during pregnancy. Your doctor may advise you to wait until the second trimester of pregnancy before colouring your hair.
- To make it safer:
 - Use semi-permanent dyes or highlights.
 - Make sure the treatment is done in a well ventilated area.
 - Do a patch test for allergic reactions before starting.
 - Carefully follow the directions on the package.
 - Wear gloves when applying treatment.
 - Do not leave the chemicals on your hair any longer than indicated on the directions.
 - Rinse your scalp thoroughly with water after treatment.

References:

- NHS. Is it safe to use hair dye when I'm pregnant or breastfeeding? <http://www.nhs.uk/chq/Pages/949.aspx?CategoryID=54#close>
- CFP: Canadian Family Physician. Safety of Hair Products During Pregnancy. <http://www.cfp.ca/content/54/10/1386.full>

Is it safe to go in a hot tub when you are pregnant?



Unsafe

- Hot tubs can raise your body temperature and if this happens for a long period of time, especially in the first trimester, it can increase the chance of birth defects.
- Hot tubs can also lead to dehydration and fainting.
- Also avoid saunas, steam rooms and very hot baths.
- A warm bath is a safer way to relax. In a bath tub you are less likely to overheat as some of your upper body will remain out of the water and the bath water will cool down as time passes.

References:

The College of Family Physicians of Canada. Pregnancy – During Pregnancy: Taking Care of You and Your Baby.

<http://www.cfpc.ca/Pregnancy/>

American Pregnancy Association. Pregnant in a Hot Tub. <http://americanpregnancy.org/pregnancy-health/hot-tubs-during-pregnancy/>

Is it safe to go swimming when you are pregnant?



Safe

- Physical activity is good for healthy pregnant women. Swimming is an excellent activity because it allows you to float on the water taking the pressure off your joints.
- Other safe and healthy activities include walking, lifting weights and yoga. Speak to your doctor or midwife before starting any kind of physical activity that you didn't do before you were pregnant.
- Benefits of exercising when you are pregnant:
 - Helps you relax, reduces stress and promotes better sleep.
 - Increases your muscle tone, strength and endurance.
 - Helps build stamina for labour and delivery and speeds up your recovery.
 - Supports a healthy weight gain.

References:

- Public Health Agency of Canada. Physical Activity and Pregnancy. http://www.phac-aspc.gc.ca/hp-gs/guide/04_pa-ap-eng.php

**Is it safe to use artificial sweeteners
when you are pregnant?**



Some are safe

Some sweeteners can be used instead of sugar. Many of them have fewer calories than sugar.

Safe sweeteners:

- Aspartame (also known as NutraSweet and Equal)
- Sucralose (also known as Splenda)
- Stevia glycosides (also known as Stevia, Truvia, Krisda and Pure Via)
- Acesulfame-K (not used as a table top sweetener; used by food industries in candies and soft drinks)

Caution: Saccharin (also known as Hermesetas, only available in pharmacies): check with your doctor before using it during pregnancy

Unsafe sweeteners:

- Cyclamate (also known as Sucaryl, Sugar Twin and Sweet'N Low)

Important: Always check the ingredients on the sweetener package to be sure it is safe. Make sure artificially-sweetened foods are not replacing the nutrient-rich foods you need for a healthy pregnancy.

References:

- Dietitians of Canada. Sweet Advice on Sugar Substitutes.
<http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Food-Safety/Artificial-Sweeteners.aspx>
- Canadian Diabetes Association. Sugar & Sweeteners.
<http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/sugar-sweeteners>

Is it safe to use calabash chalk when you are pregnant?



Not Safe

- Traditionally in some African countries, calabash chalk and calabar stone were used to help with nausea in pregnancy. However, they are now known to be very dangerous for pregnant women.
- They may contain high levels of lead and arsenic which can affect baby's brain development.
- It is illegal to sell these products in Canada (however some stores carry these products).
- If you have concerns, speak to your healthcare provider.

Reference:

- Healthy Canadians. Calabash Chalk May Pose Health Risk for Pregnant and Breastfeeding Women.
<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2007/13167a-eng.php>

Is it safe to go on amusement park rides/carnival rides when you are pregnant?



Unsafe

- The concern with roller coaster and other high-speed rides is the rapid starts and stops, the jarring forces and the pressures against the body that could cause a premature separation of the placenta from the uterine wall. This can result in a dangerous condition called placental abruption.

Reference:

- American Pregnancy Association. Pregnancy and Amusement Parks. <http://americanpregnancy.org/pregnancy-health/amusement-parks/>

Is it safe to use sunscreen when pregnant?



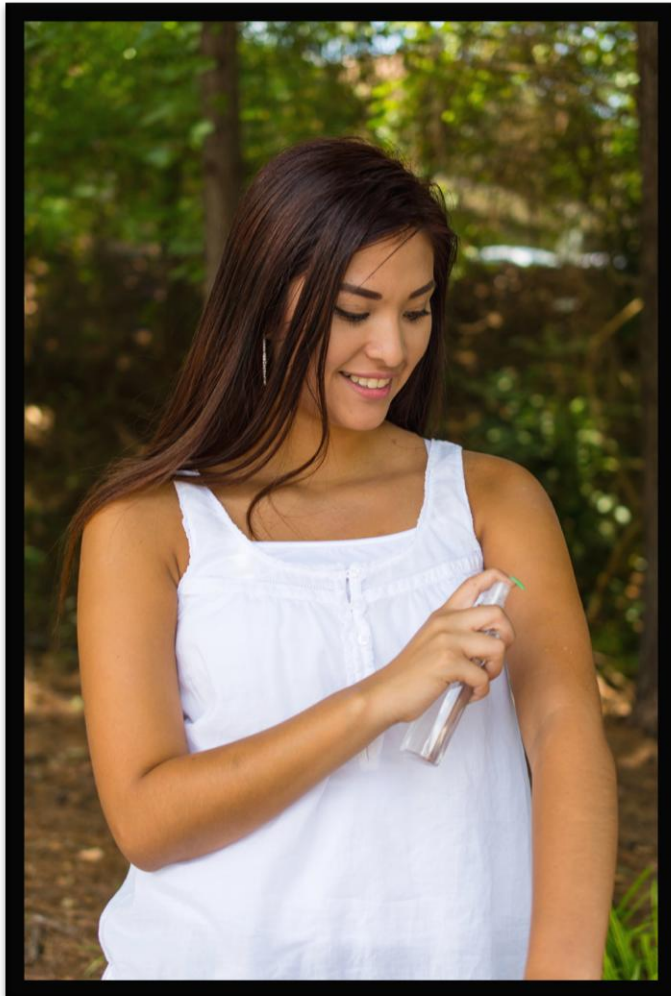
Safe

- Sunscreen may help lower the risk of getting the “mask of pregnancy” (darkening of the skin on cheeks, forehead and/or chin).
- Sunscreen reduces the risk of skin cancer.
- Use products with SPF (sun protection factor) of at least 15.

References:

- Baby Center. Safe Skin Care During Pregnancy. http://www.babycenter.com/0_safe-skin-care-during-pregnancy_1490031.bc?page=3

Is it safe to use insect repellent when pregnant?



Safe

- Most insect repellents in Canada contain a chemical called DEET. Although studies have shown that DEET is partly absorbed by the skin, it does not appear to be harmful to the growth and development of the baby when used as recommended.
- Repellents containing picaridin are also safe to be used during pregnancy.
- Other non-DEET-based insect repellents are approved by Health Canada, but they do not provide a long-lasting protection.
- Other ways to avoid bugs during summer include:
 - Stay indoors at dawn and dusk when mosquitoes are more active.
 - Wear light-coloured clothing; mosquitoes are more attracted to darker colours.

References:

- Public Health Agency of Canada. Statement on Personal Protective Measures to Prevent Arthropod Bites.
<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/12vol38/acs-dcc-3/index-eng.php>
- Centers for Disease Control and Prevention. Effects of Disasters on Pregnant Women: Environmental Exposure.
<http://www.cdc.gov/ncbddd/disasters/environmental.html>

Is it safe to drink herbal teas when you are pregnant?



Some are safe

- Most herbal teas should be avoided during pregnancy as very little research has been done to test their safety for the baby.
- Have no more than 2-3 cups of **safe** herbal teas per day which include: bitter orange/orange peel, echinacea, peppermint, red raspberry leaf, rosemary, rose hip and ginger
- Some herbal teas, such as chamomile, aloe, calendula, sage, **are not recommended** when you are pregnant.
- Green and black teas are not herbal teas and can be consumed during pregnancy. Limit them to 2-3 or fewer cups per day because they contain caffeine.

References:

- Health Canada. Caffeine and Pregnancy <http://www.phac-aspc.gc.ca/hp-gs/known-savoir/caffeine-eng.php>
- PEN: Practice-based Evidence in Nutrition – Caffeine: Key Practice Points <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=3043&pqcatid=144&pqid=3092>

Is it safe to wear a seatbelt when pregnant?



Safe

- There is no evidence to suggest that if you are in a car accident there would be harm to the baby because of the seatbelt.
- You and your baby's chance for survival is much greater if you are wearing a seatbelt.
- The right way to wear a seatbelt is to place the lap belt under your belly and across your thighs so it is snug and comfortable. Adjust your sitting position so that the shoulder belt crosses your shoulder (without cutting into your neck) and is between your breasts.

Reference:

- Ontario Ministry of Transportation. Safe driving Practices <http://www.mto.gov.on.ca/english/safety/safe-driving-practices.shtml>

**Is it safe to drink coffee with caffeine
when you are pregnant?**



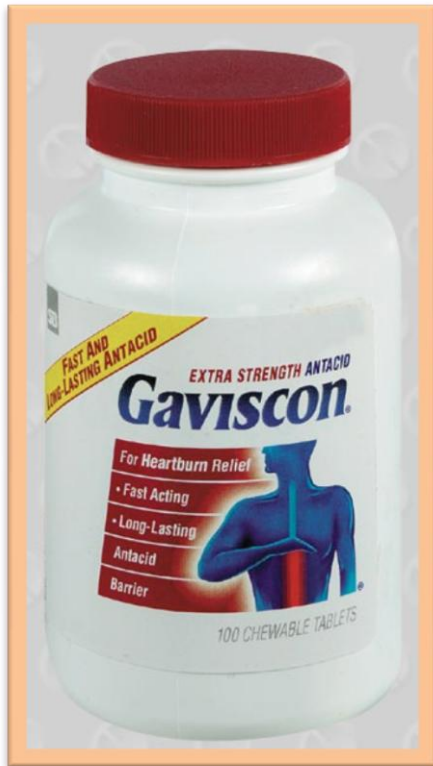
Caution

- Health Canada recommends that pregnant and breastfeeding women limit their caffeine intake to no more than 300 mg per day (about two 8oz cups of coffee).
- New research says that a daily caffeine consumption as low as 150 mg might be harmful to a baby.
- High levels of caffeine during pregnancy can result in babies having a low birth weight, which can increase the risk of health problems in later life. Too much caffeine may also cause a miscarriage.
- Also, because caffeine is a stimulant, it can increase your blood pressure and heart rate, both of which are not recommended during pregnancy.
- Other products that contain caffeine and should be limited are: black and green tea, cola, chocolate, energy drinks and cough and headache medicines.

References:

- PEN: Practice-based evidence in Nutrition. Should I limit caffeine during pregnancy?
<http://www.nhs.uk/chq/pages/limit-caffeine-during-pregnancy.aspx>
- Chen, L.W., et al., *Maternal caffeine intake during pregnancy is associated with risk of low birth weight: a systematic review and dose-response meta-analysis*. BMC Med, 2014. **12**: p. 174
- Group, C.S., *Maternal caffeine intake during pregnancy and risk of fetal growth restriction: a large prospective observational study*. BMJ, 2008. **337**: p. a2332.

Is it safe to take medication for heartburn when you are pregnant?



Some are safe

Some heartburn medications are safe (if used in recommended doses) while others are not safe during pregnancy:

Safe: Zantac (ranitidine), Maalox (aluminum hydroxide & magnesium hydroxide), Gaviscon (alginic acid), milk of magnesia, Tums (calcium carbonate).

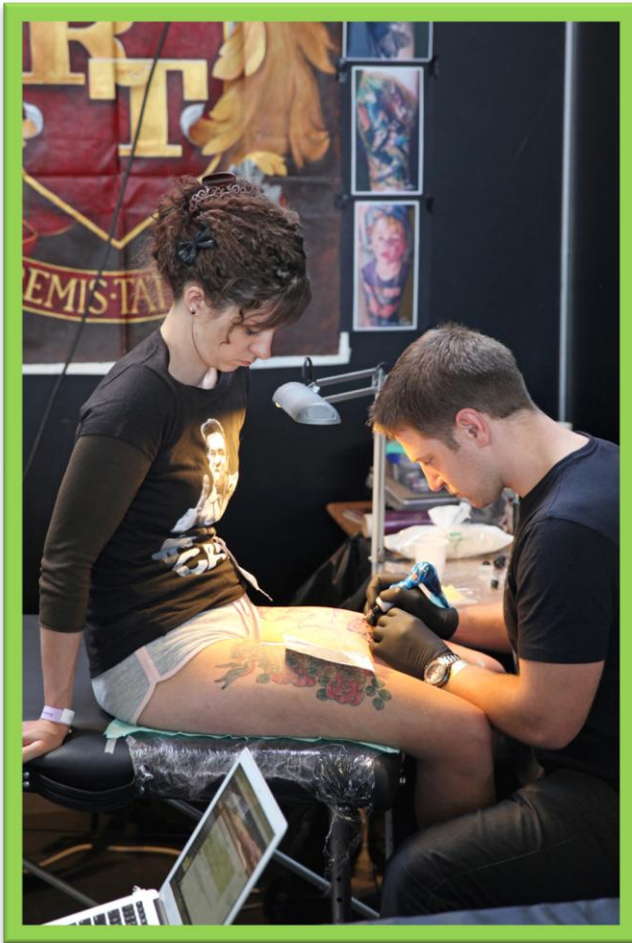
Unsafe: Baking soda in water as a drink (safe in baking and for cleaning), Alka Seltzer, Eno, Pepto Bismol.

- If you use safe heartburn medications, take your prenatal vitamin at a different time of day.
- Some ways to prevent heartburn:
 - Do not lie down after eating
 - If you lie down, raise your head and shoulders
 - Avoid fried or greasy foods
 - Drink fluids between meals, not with meals
 - Avoid coffee, colas, alcohol and smoking
 - Eat slowly
 - Eat small meals and snacks

References:

- Motherisk. The Hospital for Sick Children. Treatment of heartburn and acid reflux associated with nausea and vomiting during pregnancy. February 2010 http://www.motherisk.org/prof/updatesDetail.jsp?content_id=923
- Drugs. Sodium Bicarbonate. <http://www.drugs.com/pro/sodium-bicarbonate.html>
- Public Health Agency of Canada. Healthy Pregnancy: Heartburn <http://www.phac-aspc.gc.ca/hp-gs/know-savoir/heartburn-eng.php>
- Dietitian of Canada. PEN. Managing Heartburn. <http://www.pennutrition.com/SearchResult.aspx?portal=PEN&terms=managing%20heartburn>

Is it safe to get a tattoo when you are pregnant?



Unsafe

- Do not get a tattoo while you are pregnant because of the high risk of infections such as Hepatitis B and HIV.
- Little information is available about the safety of skin dyes used for tattooing during pregnancy. It is possible that the chemicals in the dye may affect the development of the baby during the first 12 weeks.

Reference:

➤ American Pregnancy Association. Tattoos When Pregnant. <http://americanpregnancy.org/pregnancy-health/tattoos/>

Is it safe to use a cell phone when you are pregnant?



Caution

- Research is unclear about the effects of cell phone use in pregnancy so it's best to limit your use.
- Remember: it is illegal to use a cell phone (talking or texting) while driving.

References:

- Guxens, M., et al., *Maternal cell phone and cordless phone use during pregnancy and behaviour problems in 5-year-old children*. J Epidemiol Community Health, 2013. **67**(5): p. 432-8.
- Divan, H.A., et al., *Cell phone use and behavioural problems in young children*. J Epidemiol Community Health, 2012. **66**(6): p. 524-9

Is it safe to take Tylenol (acetaminophen) for a headache when you are pregnant?



Caution

- For short term use, Tylenol (acetaminophen) is safe to take if you follow the directions on the bottle.
- If you have a health condition that requires you to take Tylenol (acetaminophen) for longer periods, consult with your healthcare provider.
- Do not take Advil (ibuprofen) and Aspirin in pregnancy. They may increase the risk of miscarriage, affect the baby's growth, increase the risk of heart and lung related problems in the baby and cause bleeding problems for you and your baby during delivery.
- Do not take cold medications during pregnancy; many of them are not safe.
- Always check with a pharmacist if you are unsure if a medication is safe.

References:

- Sick Kids. Motherisk. Treating Pain During Pregnancy. http://www.motherisk.org/prof/updatesDetail.jsp?content_id=922

Is it safe to drink non-alcoholic beer when you are pregnant?



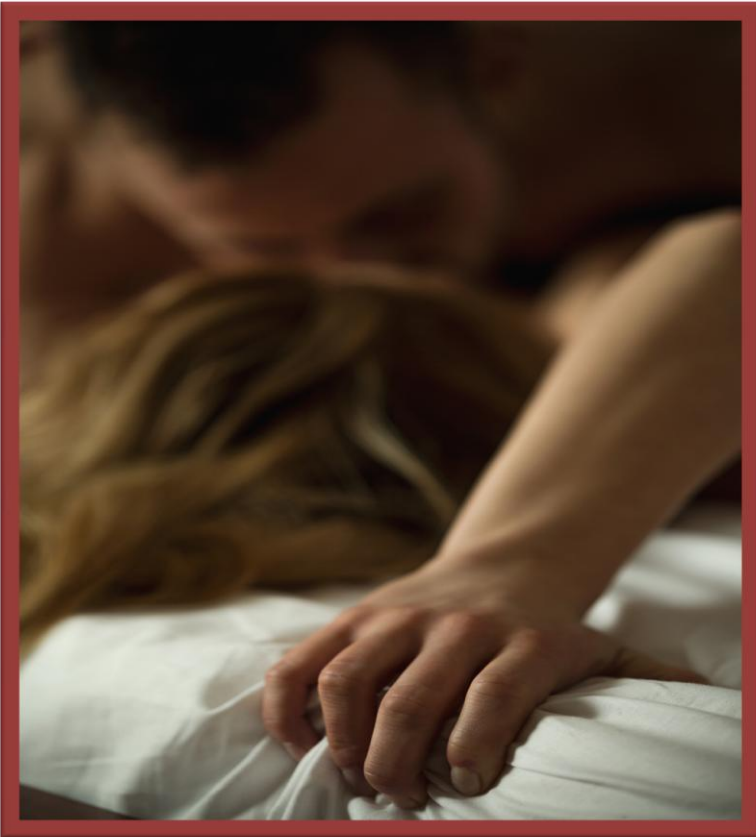
Unsafe

- Non-alcoholic beer might contain some alcohol, sometimes at higher amounts than what is indicated on their labels.
- As there is no safe amount of alcohol in pregnancy, stop drinking alcohol and non-alcoholic beer to protect your baby.

Reference:

- Sick Kids. Motherisk. Consuming non-alcoholic beer and other beverages during pregnancy and breastfeeding http://www.motherisk.org/prof/updatesDetail.jsp?content_id=1081

Is it safe to have sex when you are pregnant?



Safe

- It is safe to have sex during pregnancy. If you are having pregnancy complications or just have questions or concerns, talk to your healthcare provider.
- You do not need to worry about the baby during sex, as the baby is well protected by the amniotic sac and fluid and strong uterine muscles. If you feel the baby moves after sex it does not mean that you disturbed the baby.
- You may need to find new positions during sex that are more comfortable for you as your body changes.
- Even though you are pregnant, you may still need to have your partner wear a condom to protect yourself from STIs.

References:

NHS. Sex in Pregnancy. <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/sex-in-pregnancy.aspx>

American Pregnancy Association. Sex During Pregnancy. <http://americanpregnancy.org/pregnancy-health/sex-and-pregnancy/>

Is it safe to take antidepressants when you are pregnant?



Caution

- Studies say the risks of taking antidepressants during pregnancy are small compared to the risks of not treating depression and the impact it has on mom and baby.
- Caution should be exercised as there are a few studies that suggest antidepressants pose risks for babies in the womb.
- If you are pregnant and experiencing depression, talk to your healthcare provider immediately.
- Remember: If you are already taking any medications, never quit “cold turkey”. Always discuss options with your healthcare provider.

References:

- Canadian Family Physician. Antidepressant use during pregnancy <http://www.cfp.ca/content/59/9/941.full>
- Mayo Clinic. Antidepressants: Safe during pregnancy? <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/antidepressants/art-20046420>

Is it safe to smoke when you are pregnant ?



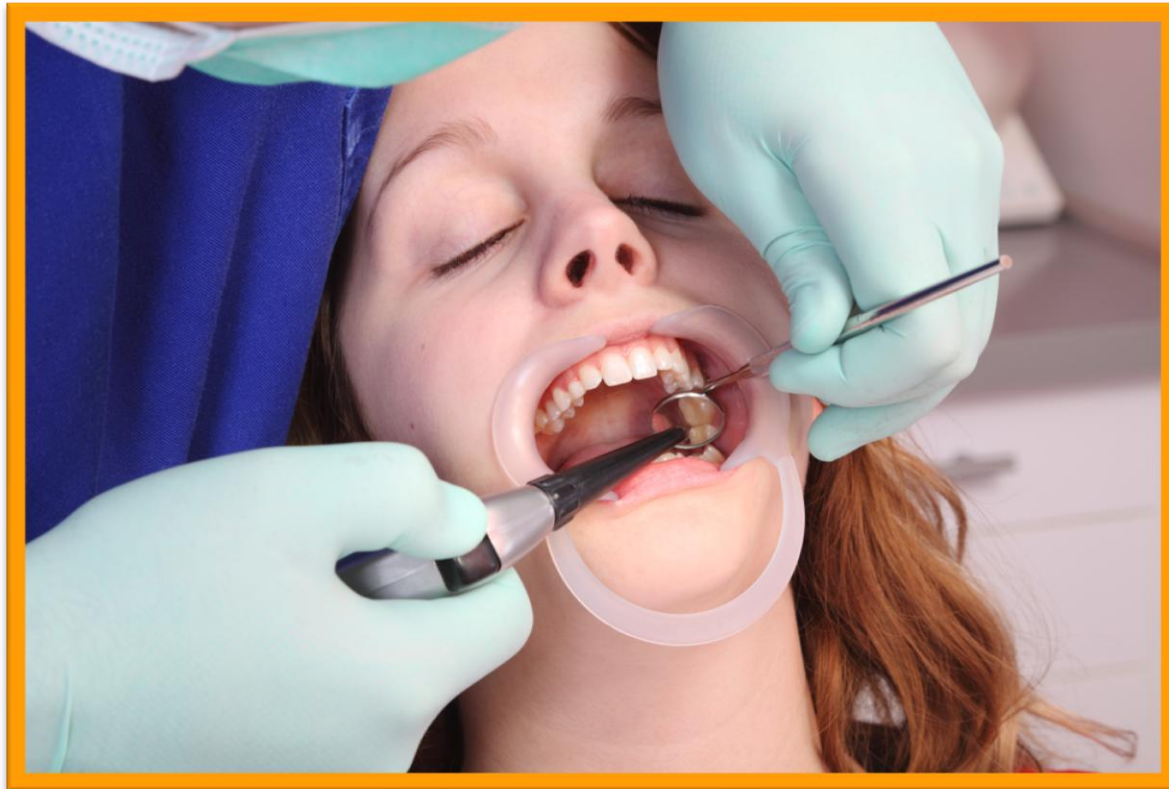
Unsafe

- Smoking harms BOTH the mother and your growing baby.
- Smoking prevents the baby from getting enough oxygen and this may result in a baby with a low birth weight. Low birth weight babies tend to have more health and learning problems.
- Smoking increases the chance of miscarriage, stillbirth, placenta previa, premature birth, birth defects, respiratory problems and Sudden Infant Death Syndrome (SIDS).
- Second-hand smoke is also unsafe for you and your developing baby.
- Quitting smoking or cutting down the amount you smoke will improve your health and your baby's health.

References:

- Public Health Agency of Canada. Smoking and Pregnancy. http://www.phac-aspc.gc.ca/hp-gs/guide/05_sp-tg-eng.php
- Centers for Disease Control and Prevention. Tobacco Use and Pregnancy. <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>

Is it safe to go to the dentist for a checkup when you are pregnant ?



Safe

- It is important to continue visiting the dentist when you are pregnant. Schedule a check-up in your first trimester to have your teeth cleaned and your oral health checked.
- Research has found that some women with gum disease may deliver a premature baby.
- You can have a dental treatment at any time during pregnancy, however the best time to perform dental treatment during pregnancy is in the second trimester.
- It is a good idea to avoid X-rays while you are pregnant and tell the technician that you are pregnant.

References:

- Government of Canada. Oral Health and Pregnancy. <http://healthycanadians.gc.ca/healthy-living-vie-saine/pregnancy-grossesse/general-information-renseignements-generaux/oral-buccodentaire-eng.php>
- American Pregnancy. Pregnancy and Dental Work. <http://americanpregnancy.org/pregnancy-health/dental-work-and-pregnancy/>

Is it safe to drink alcohol when you are pregnant?



Unsafe

- No amount of alcohol is safe.
- There is no safe time to drink during pregnancy.
- Wine, beer, coolers, hard liquor and home-made alcohol can all cause harm.
- Stopping or cutting back on drinking alcohol during pregnancy reduces the risk of harm to your baby's development.
- If you have questions or need support during your pregnancy, call your healthcare provider or public health nurse.

References:

- Alcohol and pregnancy. <http://sogc.org/publications/alcohol-and-pregnancy-2/>
- Alcohol and pregnancy. Healthy Child Manitoba. http://www.gov.mb.ca/healthychild/healthybaby/hb_13_en.pdf
- Website: www.gov.mb.ca/healthychild/healthybaby/

Where Can I Get Help?

“Is it Safe”

has been developed and produced in partnership by
Healthy Child Manitoba Office and Healthy Start for Mom & Me

For more information on safety, please refer to the following resources:

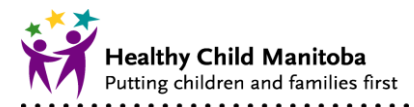
- Manitoba Parent Zone - Manitoba Government:
<http://www.manitobaparentzone.ca/becoming-a-parent/early-stages-pregnancy/>
- Alcohol prevention projects: <http://manitoba.ca/healthychild/fasd/prevention.html>
- General health and breastfeeding information - 24 hours/7 days per week: Health Links/Info Santé at 204-788-8667 OR Toll Free at 1-888-315-9257 <http://www.gov.mb.ca/health/bfm/help.html>
- Health Canada - <http://www.hc-sc.gc.ca>
- Health Canada – breastfeeding information
http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php
- Safe Food Handling Tips – Health Canada: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php>
- Motherisk Helpline: 1-877-439-2744 – answer questions about specific medication
<http://www.motherisk.org/women/index.jsp>
- Dial-a-Dietitian – Free nutrition information in Manitoba at 204-788-8248 or outside Winnipeg at 1-877-830-2892
- Winnipeg Regional Health Authority nutrition information and tip sheets - <http://www.wrha.mb.ca/prog/nutrition>

If you have questions about what is and isn't safe during your pregnancy and after baby is born, please contact your healthcare provider or public health nurse in your area.

The information in this presentation kit is not meant to replace healthcare advice.



This kit was developed in February 2016
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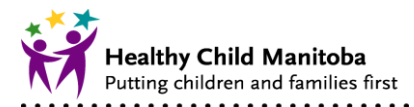
- Manitoba Parent Zone - Manitoba Government:
<http://www.manitobaparentzone.ca/becoming-a-parent/early-stages-pregnancy/>
- Alcohol prevention projects: <http://manitoba.ca/healthychild/fasd/prevention.html>
- General health and breastfeeding information - 24 hours/7 days per week: Health Links/Info Santé at 204-788-8667 OR Toll Free at 1-888-315-9257 <http://www.gov.mb.ca/health/bfm/help.html>
- Health Canada - <http://www.hc-sc.gc.ca>
- Health Canada – breastfeeding information
http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php
- Safe Food Handling Tips – Health Canada: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php>
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IS IT SAFE FOR BABY AND MOM?



Presenter's Notes

Is It Safe for Baby and Mom?

Purpose: To encourage participants to become aware of the foods and products which are unsafe and should be avoided or limited for baby and mom after baby is born.

How to use the kit:

- Read the questions to the group and discuss the answers OR hand out the questions to participants to read the questions and get others in the group to answer.
- There are many questions; the presenter can select questions that may be most relevant or of interest to your group.

Note: This activity can be used as a main topic or as a shorter topic/nugget by using only a few of the questions during the session.

Is it safe for my baby to have screen time?



Caution

- "Screen time" is a term used for activities done in front of a screen, such as watching TV, working on a computer, using tablets and cell phones or playing video games.
- Screen time is not recommended for children under the age of two.
- Screen time interferes with the parent/infant relationship by reducing the amount of face to face interaction that is needed for baby's brain to grow and develop. Babies thrive when their parents look them in the eye, smile, talk and give them attention. Parents and babies need to learn how to read each other's cues and that will not happen if there are constant distractions, like TVs, cell phones, etc.
- Too much screen time can harm children's healthy growth and development. It leaves less time for active, creative play that help the baby's brain to develop. It can also impact sleep.
- Time spent on TV and playing with a tablet or smartphone means your baby is not crawling, walking, climbing and exploring the environment.

References:

- Canadian Paediatric Society. Healthy active living: Physical activity guidelines for children and adolescents.
<http://www.cps.ca/documents/position/physical-activity-guidelines>
- Baby Centre. Is screen time good or bad for babies and children?
<http://www.babycentre.co.uk/a25006035/is-screen-time-good-or-bad-for-babies-and-children>

Is it safe to drink alcohol if I breastfeed?



Caution

- It is best to avoid drinking alcohol if you are breastfeeding, especially when your baby is very young. Choose an alcohol-free drink instead.
- Alcohol can pass into the mother's breastmilk which can be harmful to the baby.
- Drinking alcohol does not increase milk production. In fact, heavy drinking may decrease the milk supply.
- Alcohol decreases the letdown reflex and can change the taste of breastmilk so baby will drink less.
- Only time will remove the alcohol from breastmilk. Strategies such as drinking more water, eating, pumping and discarding the milk, and exercising do not help the body remove the alcohol from breastmilk any quicker.
- If you are thinking about drinking alcohol, you need to plan to reduce the risks to your baby:
 - Limit the amount you drink to 1 or 2 drinks
 - Drink alcohol after breastfeeding, not before breastfeeding.
 - Allow enough time for the alcohol to be eliminated from your body before the next feeding. On average it takes up to 2 hours for one drink to be eliminated.
 - Pump and store your breastmilk before having a drink so that your baby can continue to receive breastmilk.

References:

Public Health Agency of Canada. Breastfeeding and Infant Nutrition. http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php

Sick Kids. Motherisk. Drinking alcohol while breastfeeding: Will it harm my baby? http://www.motherisk.org/women/updatesDetail.jsp?content_id=347

Health Nexus. Mixing Alcohol and Breastfeeding. <http://en.healthnexus.ca/topics-tools/reproductive-health/alcohol-and-pregnancy-substance-use>

Is it safe to smoke if I breastfeed?



Unsafe

- Harmful ingredients in cigarettes pass through your breast milk and can affect the health of your baby.
- Smoking can also reduce the amount of milk you produce which can leave your baby fussy and irritable.
- Smoking and second hand smoke expose your baby to a higher risk of:
 - Sudden Infant Death Syndrome (SIDS).
 - Ear infections
 - Diseases such as asthma and bronchitis.
- It's best to reduce your baby's exposure to second-hand smoke by not smoking in the home or anywhere near the baby. It's best to smoke outside and avoiding taking your baby to places where others are smoking.

Remember: If you cannot quit or cut down, KEEP BREASTFEEDING because breastfeeding is protective for your baby.

References:

- Healthy Family BC. Alcohol and Smoking After Pregnancy.
<https://www.healthyfamiliesbc.ca/home/articles/alcohol-and-smoking-after-pregnancy>
- The Society of Obstetricians and Gynaecologists of Canada. Medications and Drugs While Breastfeeding.
<http://pregnancy.sogc.org/after-pregnancy/medications-and-drugs-while-breastfeeding/>

Is it safe to have sex after having a baby?



Safe

- Sex is usually safe about 4-6 weeks after childbirth. This allows time for the cervix to close, postpartum bleeding to stop, and episiotomy or tears to heal. If you have questions or concerns, contact your healthcare provider or public health nurse.
- The most important consideration about having sex is that you follow your own timeline. Some women feel ready to have sex within a few weeks of giving birth, while others need a few months — or even longer. Factors such as fatigue, stress and fear of pain all can take a toll.
- Hormonal changes after childbirth can cause changes in your body that can make it less comfortable. You may need to take it slow and use lubrication.

Important: You can get pregnant as little as three weeks after the birth of a baby, even if you're breastfeeding and your periods haven't started again. Talk to your health care provider about birth control in this period.

References:

Mayo Clinic. Sex after pregnancy: Set your own timeline.

<http://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/sex-after-pregnancy/art-20045669>

NHS. Sex and Contraception After Childbirth. <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/sex-contraception-after-birth.aspx>

Millheiser, L., Female sexual function during pregnancy and postpartum. J Sex Med, 2012. 9(2): p. 635-6.

Is it safe to exercise after having a baby?



Safe

- Physical activity can relax you, it can help your body recover after childbirth, keep you fit and make you feel better and more energetic.
- You can start gentle exercise as soon as you feel ready. It includes walking, stretching and pelvic floor exercises.
- Wait until after your six-week postnatal check to start high impact exercises.
- If you had a C-section, stitches or a complicated birth, talk to your health care provider about when to start an exercise program.
- Mild and moderate exercises do not affect breastfeeding.
- Ensure you drink liquids and stay hydrated when exercising.

References:

- The Society of Obstetricians and Gynaecologists of Canada. Exercise in Pregnancy and the Postpartum Period. June 2003.
<http://sogc.org/guidelines/exercise-in-pregnancy-and-the-postpartum-period/>
- NHS. Keeping fit and healthy with a baby. <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/keeping-fit-and-healthy.aspx>
- Bane, S.M., *Postpartum Exercise and Lactation*. Clin Obstet Gynecol, 2015. **58**(4): p. 885-92.

Is it safe to eat peanut butter if I breastfeed?



Safe

- It's safe to eat peanuts and other allergen foods as they will not increase the risk of your baby developing allergies.
- In the past, parents were told to avoid high allergen foods like peanuts, seafood, strawberries, egg and to delay the introduction of these foods to their baby.
- More recent research suggests that delaying the introduction of these foods to the baby can increase the risk of allergies, so many of these foods can be introduced earlier.
- It is important to include a wide variety of foods in your diet so you will have the energy and nutrients for producing milk and being healthy.

References:

- PEN. Food Allergies - High Risk Infant Evidence Summary <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=4543&trid=5721&trcatid=42>
- Canadian Paediatric Society. Dietary exposures and allergy prevention in high-risk infants. <http://www.cps.ca/documents/position/dietary-exposures-and-allergy-prevention-in-high-risk-infants>
- Longo, G., et al., *IgE-mediated food allergy in children*. Lancet, 2013. **382**(9905): p. 1656-64

Is it safe to give my baby medicine like Tylenol(acetaminophen)?



Caution

- If your baby is younger than 3 months, talk to your healthcare provider before giving any medication, including Tylenol (acetaminophen).
- For babies older than 3 months, you can use Tylenol (acetaminophen) according to the instructions on the box.
- Tylenol can be harmful to the liver if taken in amounts higher than recommended.

IMPORTANT: Never use more than one product at the same time unless advised by your doctor.

References:

Caring for Kids. Canadian Paediatric Society. Using over-the-counter drugs to treat cold symptoms.

http://www.caringforkids.cps.ca/handouts/over_the_counter_drugs

Health Canada. Summary Safety Review - Acetaminophen - Liver Injure

<http://www.hc-sc.gc.ca/dhp-mps/medeff/reviews-examens/acetamino-eng.php>

Is it safe to feed my baby solids before 6 months?



Caution

- Exclusive breastfeeding is all your baby needs in the first six months of life.
- After 6 months, continue breastfeeding along with solid foods for up to two years and beyond.
- By about six months of age, babies are ready for solid foods. Signs that baby is ready are:
 - Better head control
 - Ability to sit up and lean forward
 - Ability to let the caregiver know when they are full
 - Ability to pick up food and try to put it in their mouth
- If you give solid foods too early, your baby may:
 - Drink less breastmilk or iron fortified infant formula.
 - Have trouble swallowing solid foods which may increase the risk of choking.

References:

- Canadian Paediatric Society. Weaning from the breast. <http://www.cps.ca/documents/position/weaning-from-the-breast>
- Health Canada. Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months. <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>
- Winnipeg Regional Health Authority, Healthy Child Manitoba, Healthy Start for Mom & Me, Dial-a-Dietitian. Feeding your Baby: 6 Months to 1 year. 2014.

Where Can I Get Help?

“Is it Safe”

has been developed and produced in partnership by
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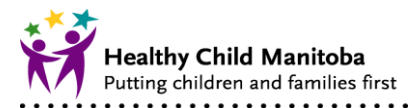
For more information on safety, please refer to the following resources:

- Manitoba Parent Zone - Manitoba Government:
<http://www.manitobaparentzone.ca/becoming-a-parent/early-stages-pregnancy/>
- Alcohol prevention projects: <http://manitoba.ca/healthychild/fasd/prevention.html>
- General health and breastfeeding information - 24 hours/7 days per week: Health Links/Info Santé at 204-788-8667 OR Toll Free at 1-888-315-9257 <http://www.gov.mb.ca/health/bfm/help.html>
- Health Canada - <http://www.hc-sc.gc.ca>
- Health Canada – breastfeeding information
http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php
- Safe Food Handling Tips – Health Canada: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php>
- Motherisk Helpline: 1-877-439-2744 – answer questions about specific medication <http://www.motherisk.org/women/index.jsp>
- Dial-a-Dietitian – Free nutrition information in Manitoba at 204-788-8248 or outside Winnipeg at 1-877-830-2892
- Winnipeg Regional Health Authority nutrition information and tip sheets - <http://www.wrha.mb.ca/prog/nutrition>

If you have questions about what is and isn't safe during your pregnancy and after baby is born, please contact your healthcare provider or public health nurse in your area.

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- Health Canada – breastfeeding information
http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php
- Safe Food Handling Tips – Health Canada: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php>
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