

e-Learning Prenatal Program - The Gift of Motherhood



Program Demo

The Gift of Motherhood

Welcome to the e-learning program. Learning about pregnancy, birth, and new baby care just got easier!

This program is free and available to all residents of Chatham-Kent. Call to register 519.352.7270 x 2903.

Questions?

Email your questions to CKhealth@chatham-kent.ca

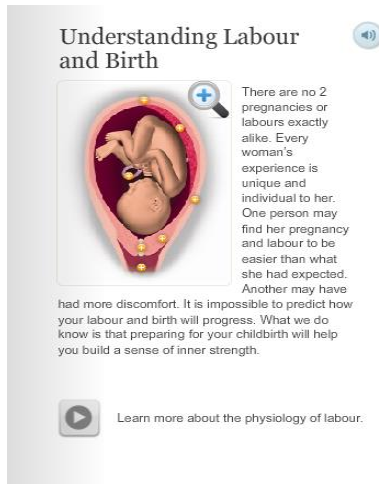
LOG IN with the access code sent to you by mail or email. When the first page has loaded you are ready to proceed. Bookmark this page for your next visit.

Disclaimer

These web pages are for information purposes only. They are NOT a substitute for professional medical advice.

Please be advised: Do not use the phone numbers or e-mail addresses listed if you are having any pain, bleeding or you feel as if there is something wrong. Call your health care provider **immediately**, go to the nearest emergency department, or call 911 for help.

1. ABOUT THE PROGRAM



Understanding Labour and Birth

There are no 2 pregnancies or labours exactly alike. Every woman's experience is unique and individual to her. One person may find her pregnancy and labour to be easier than what she had expected. Another may have had more discomfort. It is impossible to predict how your labour and birth will progress. What we do know is that preparing for your childbirth will help you build a sense of inner strength.

Learn more about the physiology of labour.

The Gift of Motherhood is a free, web-based program with animated illustrations and videos. It is designed for you and your partner/support person to experience together to help you feel prepared for childbirth and your new parenting role. The program includes:

- * Access for 120 days, beginning from the date of your first use.
- * Prenatal Package: Chatham-Kent Public Health provides physicians with a prenatal package to give to expectant moms. Please contact us if your physician is unable to provide this package.
- * Additional tips for download as pdf's.
- * E-mail access to a Public Health Nurse.

High speed internet access is advised. Dial-up will work but will take longer to download. You will also need audio (sound card and speaker or earphones), Adobe Macromedia Flash Player and Acrobat Reader, both available as free downloads from www.adobe.com.

Principal Author: Customized Communications, Inc., Diane E. Moran, RN, LCCE, ICD

2. HOW TO USE THE PROGRAM

We recommend that you complete the 7 chapters in **The Gift of Motherhood** in order, at your own pace and convenience. However, it is also easy to explore the program as you wish and to re-visit topics of interest.

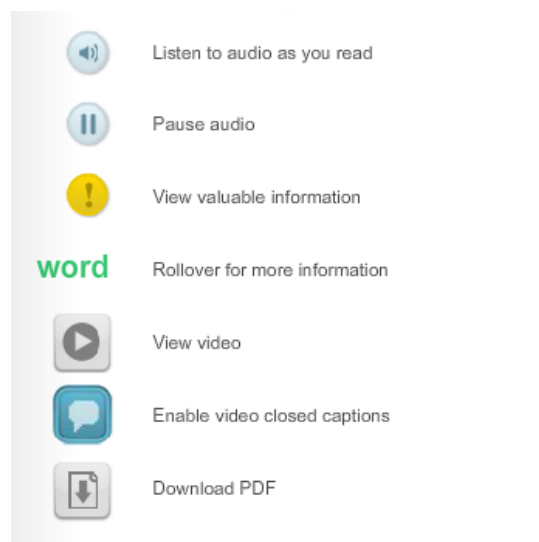
- * Click here to view list of [Chapter Titles](#).
- * The program takes about 6 to 8 hours to complete. Consider your schedule and what will work best for you.
- * Have fun with the online quizzes to review what you have learned.
- * Note the date you start the online program and the expiry date of your access code (120 days later) and be sure you have enough time.
- * At the end of each session, note the page or chapter where you want to start on your next visit.

Navigation

On screen, [The Gift of Motherhood](#) looks like a book with page numbers at the bottom centre.

- * Choose a chapter using the vertical tabs along the right edge: Intro, numbers 1-7, and Glossary (definition of terms).
- * Use the bottom horizontal tabs to read Chatham-Kent Public Health information about having a baby in Chatham-Kent.
- * Use Go to page: ____, or Prev Page and Next Page to re-visit a page.

Icons on Each Page



3. TROUBLESHOOTING HELP

1. **What if I'm having difficulty with the eBook?**
First, make sure your Internet connection is working by visiting some other websites. Then, make sure you have the newest version of Adobe Flash. You may need to uninstall the previous version of Flash before you install the new version. For instructions on how to uninstall Flash, visit their support site.
2. **What if I can't see anything?**
Wait a couple of minutes more to let the program load. When Internet access is slow, the eBook may load more slowly than normal. If, after several minutes, nothing appears, try restarting your computer.
3. **What if the videos don't work?**
Give the videos a moment to load and make sure you have the latest version of Flash. If it still doesn't work, try restarting your computer.
4. **What if my code doesn't work anymore?**
Try re-entering the code, making sure there are no spaces before or after the code. If that does not work, call the Chatham-Kent Public Health Unit at 519.352.7270 x 2903.