

Websites for Planning a Pregnancy, Pregnancy & Parenting



Active Living	
Exercise and pregnancy	http://www.youtube.com/watch?v=SsEKcpnviVg
Guidelines for physical activity in pregnancy	www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf
Addictions	
Addiction Assistance Service	www.westover-fdn.org
Centre for Addiction and Mental Health	www.camh.net
Adjustment/Coping	
Depression Screening Tool for Pregnancy and Postpartum	www.elliotohospital.org/website/Maternity/Downloads/EPDS_score%2011%20or%20more.pdf
Life with a new baby	www.lifewithnewbaby.ca www.youtube.com/watch?v=xA1l8kpdwsc
Pacific Postpartum Support Society	www.postpartum.org
Perinatal Mood and Anxiety Disorder	www.postpartum.net
Breastfeeding	
Baby Friendly Initiative Chatham-Kent	www.youtube.com/watch?v=vLrae8V29eA&list=PL9aZPBBjqPROld7fC1Qh9j2SgPrA4FbRp
Breastfeeding Online	www.breastfeedingonline.com
Breastfeeding Matters	www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf
International Breastfeeding Centre	www.ibconline.ca/
LaLeche League	www.lllc.ca www.facebook.com/lllchatham LLLChathamGroup@gmail.com
Family Planning	
Sexuality and You	www.sexandu.ca
Health Care	
A Parent's Guide to Immunization-Public Health Agency of Canada	www.phac-aspc.gc.ca/im/iyc-vve/index-eng.php
Health Care Connect (find a doctor)	www.ontario.ca/healthcareconnect
Immunize Canada	www.immunize.ca
Nutrition	
Dietitians of Canada	www.dietitians.ca
EatRight Ontario	www.eatrightontario.ca
Parenting	
About Kids Health, Ages & Stages – Hospital for Sick Children	www.aboutkidshealth.ca/En/HealthAZ/DevelopmentalStages/Pages/default.aspx
Back to Sleep, Tummy to Play (YouTube)	www.youtube.com/watch?v=N2b3SXZsool
Best Start Services in Chatham-Kent	www.ckbeststart.com
Canadian Pediatric Society – Caring for Kids	www.caringforkids.cps.ca
Child Growth and Development Screens	www.ndds.ca/ontario
Children See Children Learn	http://www.childrenseechildrenlearn.ca/
Dad Central	www.dadcentral.ca
Healthy Baby Healthy Brain	www.healthybabyhealthybrain.ca
Infant Mental Health Parent Resources	www.imhpromotion.ca/Resources/Comfort,PlayTeach(CPT)ParentResources.aspx
Ontario Early Years Centres – Chatham-Kent	www.ckoeyc.ca
Parents Matter	www.parentsmatter.ca
Parents 2 Parents	www.parents2parents.ca

Reaching In Reaching Out	www.reachinginreachingout.com/resources-parents.htm
Sleep Well, Sleep Safe	www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Sleep_Well_resource_FNL_LR.pdf
Triple P Positive Parenting	www.triplepontario.ca/en/home.aspx
24 Hr Cribside Assistance- New Dad's Manual	www.newdadmanual.ca/
Planning a Pregnancy	
Health Before Pregnancy	www.healthbeforepregnancy.ca
Preconception Health for Men	www.beststart.org/resources/preconception/men_health_bro_2012.pdf
Pregnancy & Birth	
Alcohol and Pregnancy	www.alcoholfreepregnancy.ca/eng/index.html
A Healthy Pregnancy is in Your Hands	www.phac-aspc.gc.ca/hp-gs/index-eng.php
Association of Ontario Doulas	www.doulacare.ca/
Best Start Resource Centre	www.beststart.org
Doula of North America (DONA)	www.dona.org/
Health Canada Healthy Pregnancy	www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php
Healthy Birth Your Way: Six Steps to a Safer Birth	www.lamaze.org/HealthyBirthPractices
Hospital for Sick Children - Pregnancy and Babies Resource Centre	www.aboutkidshealth.ca/En/ResourceCentres/PregnancyBabies/Pages/default.aspx
Lamaze International	www.lamaze.org/
Midwives of Chatham-Kent	www.aom.on.ca
Motherisk	www.motherisk.org
Multiple Births Canada	www.multiplebirthscanada.org
Nausea & Vomiting Helpline	www.motherisk.org
Pathway to a Healthy Birth	http://www.nationalpartnership.org/research-library/maternal-health/pathway-to-a-healthy-birth-booklet.pdf
Pregnancy after Age 35	www.beststart.org/resources/rep_health/pdf/pregnancy35plus_12pg_book.pdf
Pregnancy Wellness Guide	www.chatham-kent.ca/PublicHealth/Parenting/Pages/Pregnancy.aspx
Society of Obstetricians and Gynecologists of Canada	www.pregnancy.sogc.org/
You're Having a Baby (CK Health Unit)	www.ckphu.com/2013/06/youre-having-a-baby/
Relationships	
Assaulted Women's Help Line	www.awhl.org
Chatham-Kent Women's Centre	www.ckwc.ca
Safety	
Consumer Product Safety	www.hc-sc.gc.ca/cps-spc/index-eng.php
Healthy Environment for Kids	www.healthyenvironmentforkids.ca
Infant and Toddler Safety Association (car seats)	www.infantandtoddlersafety.ca
Ministry of Transportation Ontario (car seats)	www.mto.gov.on.ca/english/safety/carseat/choose.shtml
Ontario Poison Control Centre	http://www.ontariopoisoncentre.ca/
Parachute Canada	www.parachutecanada.org/
Period of Purple Crying	www.purplecrying.info
Shaken Baby Syndrome	www.dontshake.org
Transport Canada Car Seat Safety	www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-car-time-stages-1083.htm
Smoking Cessation	
Pregnets	www.pregnets.org
Smokers Helpline	www.smokershelpline.ca

Medical information and resources from the internet should never replace the expert advice of your health care provider.

Use caution if websites and/or marketers request your contact information. Free products and samples are meant to influence your choices. It's best to make well informed decisions, free of any commercial influence.