

Pregnancy Wellness Guide





Congratulations on your pregnancy!

There are many things that you can do for yourself and for your baby to be healthy and to prepare for parenthood. As you ask yourself these questions, you may find you are doing well in all areas of your life. Or you may find you want or need more information or help. Remember, this is not a test – it's to help you understand what can make a difference to you, your baby, and your family. If you have questions or need help, call one of the resources listed in the resource boxes or talk with your doctor, midwife, childbirth educator, nurse practitioner, or public health nurse.



Healthy Eating

- I know that good nutrition will affect both my baby and me during pregnancy and after birth. Yes
 No
- I usually eat a variety of foods from the different food groups using Canada's Food Guide. Yes
 No
- I eat three meals and two snacks every day, including breakfast. Yes
 No
- I have at least three servings of foods high in calcium every day (milk, cheese, yogurt, fortified soy milk). Yes
 No
- I eat at least two servings of protein foods every day (meat, fish, chicken, peanut butter, tofu, eggs, beans). Yes
 No
- I eat foods high in iron every day (meat, chicken, seafood, fortified cereals, lentils/beans, dried fruit, nuts/seeds). Yes
 No
- I eat at least 1 dark green and 1 orange vegetable each day. Yes
 No

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| 8. I take a folic acid supplement of at least 0.4 mg, or a multivitamin containing 0.4 mg of folic acid, every day. | <input type="radio"/> Yes
<input type="radio"/> No |
| 9. I drink at least 6 cups (1.5 litres) of fluid a day (e.g. milk, water, juice, soup). | <input type="radio"/> Yes
<input type="radio"/> No |
| 10. If I eat a special diet, I pay extra attention to the amount of protein I am eating (e.g. vegetarian, vegan). | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> N/A |
| 11. I am concerned about my weight gain (either not gaining enough or too much). | <input type="radio"/> Yes
<input type="radio"/> No |
| 12. I have food allergies or have problems with certain foods. | <input type="radio"/> Yes
<input type="radio"/> No |
| 13. I am using herbal teas and other natural remedies. | <input type="radio"/> Yes
<input type="radio"/> No |
| 14. I am using over-the-counter medicines (e.g. pain relievers, cough medicine). | <input type="radio"/> Yes
<input type="radio"/> No |

Nutrition Resources

If you answered NO to questions #1-10 or YES to questions #11-14, the following may be helpful.

- Chatham-Kent Public Health Unit 519.352.7270 or 1.866.251.7270
 - Dietitians
 - Building Healthy Babies Program
 - Prenatal Classes - free classes for pregnant women and partners
 - Local Food Banks, Hot Meals & Soup Kitchens
 - Health Unit website at www.chatham-kent.ca
- Dietitian at Eat Right Ontario at 1.877.510.5102 or www.eatrightontario.ca
- Dietitians of Canada at www.dietitians.ca
- Nausea and vomiting helpline at 1.800.436.8477 or www.motherisk.org
- Health Canada at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- Health Canada Healthy Pregnancy at www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php
- Your doctor, midwife, nurse practitioner, childbirth educator or public health nurse

What do I do?



- | | |
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| 15. I know that physical activity may have a positive effect on my pregnancy. | <input type="radio"/> Yes
<input type="radio"/> No |
| 16. At this time I take part in physical activity at least 3 times a week for at least 30 minutes or more each time. | <input type="radio"/> Yes
<input type="radio"/> No |
| 17. I have a nurse practitioner, doctor or midwife. | <input type="radio"/> Yes
<input type="radio"/> No |
| 18. I attend or plan to attend regular prenatal visits with a nurse practitioner, doctor or midwife. | <input type="radio"/> Yes
<input type="radio"/> No |
| 19. I know that dental problems in pregnancy may increase my risk of preterm birth. | <input type="radio"/> Yes
<input type="radio"/> No |
| 20. I brush my teeth at least twice a day and floss daily. | <input type="radio"/> Yes
<input type="radio"/> No |
| 21. I have seen, or plan to see a dentist/registered hygienist during this pregnancy. | <input type="radio"/> Yes
<input type="radio"/> No |
| 22. I have had problems with my teeth or gums during this pregnancy. | <input type="radio"/> Yes
<input type="radio"/> No |
| 23. I know that smoking and second-hand smoke can cause premature birth and low-birth weight babies. | <input type="radio"/> Yes
<input type="radio"/> No |
| 24. When I found out I was pregnant, I quit smoking. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> N/A |
| 25. I breathe second-hand smoke. | <input type="radio"/> Yes
<input type="radio"/> No |



Exercise and Physician Resources



If you answered NO to questions #15-18, these resources may be helpful.

- Exercise & Pregnancy helpline at 1.866.937.7678
- Health Care Connect at www.ontario.ca/healthcareconnect
- Active Pregnancy http://parc.ophea.net/sites/parc-dev.ophea.net/files/pdfs/Resources/PARC_ActivePregnancyEN_05FE14_0.pdf
- Canadian Society for Exercise Physiology's Physical Activity Guidelines at www.csep.ca/english/view.asp?x=804
- Health Canada at www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php

Dental Resources

If you answered NO to questions #19-21 or YES to question #22, these resources may be helpful.

- Your dentist/registered dental hygienist
- Health Canada at www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php
- Chatham-Kent Public Health Unit at www.chatham-kent.ca or 519.352.7270 or 1.866.251.7270

Stop Smoking Resources

If you answered NO to questions #23, 24 or YES to question #25 and you would like help to reduce or stop smoking, these resources may be helpful.

- Smoking cessation for pregnant women at www.pregnets.org
- Smokers Help Line at www.smokershelpline.ca or call 1.877.513.5333
- Chatham-Kent Public Health Unit at www.chatham-kent.ca or 519.352.7270 or 1.866.251.7270

Choices & Challenges

26. I know that drinking alcohol or using drugs can cause preterm birth and physical and mental disabilities in babies that can last a lifetime. Yes
 No
27. When I found out I was pregnant, I quit drinking alcohol. Yes
 No
 N/A
28. When I found out I was pregnant, I quit using drugs such as marijuana or cocaine. Yes
 No
 N/A
29. My partner uses recreational drugs such as marijuana or cocaine. Yes
 No
 N/A
30. My partner has problems with alcohol. Yes
 No
31. My partner is getting help to decrease or quit using alcohol and drugs. Yes
 No
 N/A
32. I know that my partner's use of alcohol and drugs may affect our relationship, my pregnancy, and my baby. Yes
 No
33. I know stress can affect my pregnancy and my baby. Yes
 No
34. Over the past year, my life has been relaxed for the most part. Yes
 No
35. I know where to go for help to buy food and clothing and find a place to live if I have concerns about money. Yes
 No
 N/A
36. I am using stress management techniques such as exercise, talking with my partner, eating and sleeping well. Yes
 No
37. I have recently, or am planning in the next few months, life changes such as moving or a job change. Yes
 No

Help for Addictions

If you answered NO to questions #26-28, 31, 32 or YES to questions #29, 30, these resources may be helpful.

- Addiction Assistance Service www.westover-fdn.org or 1.800.721.3232
24 hr-7days per week assistance, crisis help
- Chatham-Kent Mental Health Clinic 519.351.6144
- Information on alcohol and substance use during pregnancy www.motherisk.org or 1.877.327.4636
- Information on exposure to substances during pregnancy www.mothertobaby.org
- Centre for Addiction and Mental Health www.camh.net or 1.800.463.6273
- Your doctor, nurse practitioner, midwife or public health nurse



Stress Management Resources

If you answered NO to questions #33-36 or YES to question #37, you may find these resources helpful.

- Chatham-Kent Public Health Unit at 519.352.7270
 - Prenatal or postpartum depression support group
 - Building Healthy Babies
 - Healthy Babies, Healthy Children program
 - Info on Local Food Banks, Hot Meals and Soup Kitchens
- Canadian Mental Health Association 519.436.6100
- Chatham-Kent Mental Health Clinic 519.351.6144
- Centre for Addiction and Mental Health www.camh.net or 1.800.463.6273
- Your doctor, nurse practitioner, midwife, childbirth educator or public health nurse

My Relationships



38. I know that having healthy and supportive relationships may help my pregnancy and my relationship with my baby. Yes
 No
39. My partner is happy about this pregnancy. Yes
 No
 N/A
40. I have worries about my partner becoming a parent. Yes
 No
 N/A
41. My partner and I have discussed our worries about becoming parents and would like more help. Yes
 No
 N/A
42. My relationship with my partner is usually very happy. Yes
 No
 N/A
43. I know that family violence or abuse experienced now or when I was a child, can affect how I parent. Yes
 No
 N/A
44. I know where to get help if I have been hit, pushed or slapped by my partner. Yes
 No
 N/A
45. I know where to get help if I have been mentally, emotionally or physically abused. Yes
 No
46. I know that physical or sexual abuse can affect my pregnancy, birth, and parenting. Yes
 No
47. I know that my past and current relationship with my parents may affect my relationship with my baby. Yes
 No
48. I have a relative, friend, or neighbour that I can turn to if I need help. Yes
 No

49. I know that support from family and friends is important during pregnancy and after my baby is born. Yes
 No
50. I know that feeling “down” now or in the past can affect both my pregnancy, and how I care for my baby. Yes
 No
51. I know that although some concern is natural, worrying too much about becoming a mother may affect how I care for my baby. Yes
 No
52. I have had emotional problems in the past and have seen a doctor, counsellor and/or psychiatrist. Yes
 No
 N/A
53. During this pregnancy, my mood has been more happy/up, than unhappy/down. Yes
 No



Relationship Resources

If you answered YES to questions #40, 41, 52 or NO to any other questions in this section, you may find these resources helpful.

- Family Services Kent 519.354.6221
- Prenatal or postpartum depression support group 519.352.7270

If you are concerned about your partner’s actions:

- Chatham-Kent Women’s Centre 519.354.6360 or 1.800.265.0598
- Assaulted Women’s Help Line at 1.866.863.0511 or www.awhl.org
- Chatham-Kent Sexual Assault Crisis Centre 519.354.8908,
24 hr crisis line 519.354.8688
- Sexual Assault/Domestic Violence Treatment Centre
519.352.6400, ext. 6382

At Home and Work



54. My job is physically demanding and/or involves heavy lifting. Yes
 No
 N/A
55. I may be in contact with infectious diseases at home or in my work. (e.g. chicken pox, measles, fifth disease). Yes
 No
 N/A
56. My job is stressful most of the time. Yes
 No
 N/A
57. I may be at risk for repetitive strain injuries in my work, (e.g.. some assembly line work, constant use of computer mouse, calculator, cash register). Yes
 No
 N/A
58. I use chemicals or hazardous material at home or at my work. Yes
 No
 N/A
59. In my job, I stand for 40 hours or more every week. Yes
 No
 N/A
60. At work, I often try to take breaks to put my feet and legs up, or I try not to stand for long periods. Yes
 No
 N/A

Environmental Resources

If you answered YES to questions #54-59 or NO to question #60, the following may be helpful.

- Occupational Health Staff at your workplace
- Ontario Workplace Health and Safety at www.labour.gov.on.ca or 1.877.202.0008
- Canadian Centre for Occupational Health and Safety at www.ccohs.ca
- Ontario Poison Control Centre at www.ontariopoisoncentre.ca or 1.800.268.9017
- Motherisk at www.motherisk.org



General Resources for Pregnancy

Finding the information, support, and resources you need for pregnancy will help you and your family make good decisions to help your baby grow strong and healthy. It may be helpful to talk with your doctor, nurse practitioner, midwife, or public health nurse about any of the topics listed in this quiz.

Call the Chatham-Kent Public Health Unit for pregnancy resources at 519.352.7270.

Websites

When looking for information on the Internet, check that it is a reputable source and that the information is current. The site should have an editorial board of experts, be peer-reviewed and information should be based on medical research. Be careful of sites that promote products or favour a product or information.

Society of Obstetricians and Gynaecologists of Canada at www.sogc.org

Motherisk at www.motherisk.org

Dietitians of Canada at www.dietitians.ca

Mother's Advocate at www.mothersadvocate.org

La Leche League at www.lllc.ca or 1.800.665.4324

Health Canada Healthy Pregnancy

www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php

Chatham-Kent Public Health Unit at www.chatham-kent.ca

See what **Chatham-Kent** has to offer:

- Speech and language
- Special needs
- Before and after school childcare
- Early learning programs
- Child care
- Child care subsidy
- Playgroups
- Prenatal & parenting programs
- Child growth & development

Call **1.866.720.7975** for more information



Chatham-Kent Public Health Unit
519.352.7270 or 1.866.251.7270 www.chatham-kent.ca

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