

Prenatal Information Resources

Revised: Feb 14/14

Community Resources/Classes

Ottawa Public Health: online classes, in-person classes, pregnancy circles, etc.

- <http://ottawa.ca/en/residents/public-health/pregnancy-and-babies/prenatal-classes-offered-ottawa>

Birthcare: private classes, home care, nurse support, etc.

- <http://birthcarecanada.wordpress.com/>

Mothercraft: prenatal classes, doula support, parenting workshops.

- <http://www.mothercraft.com/>

Ottawa Childbirth Education Association: prenatal classes, multiples classes, bringing baby home classes, etc.

- <http://www.ottawacea.com/>

Prenatal Screening

The Genetics Education Project: prenatal screening information

- <http://www.mountsinai.on.ca/care/family-medicine-genetics-program/prenatal>

Prenatal Screening

- <http://sogc.org/publications/prenatal-screening/>

Motherisk: for women who have been exposed to environmental agents, drugs, and/or alcohol during pregnancy

- <http://www.motherisk.org>

CHEO Genetics: Prenatal Screening

- <http://www.cheo.on.ca/en/faqprenatalscreening>

General Information

Coping with Common Pregnancy Discomforts

- http://www.ucsfhealth.org/education/coping_with_common_discomforts_of_pregnancy/

Nausea and Vomiting During Pregnancy

- <http://sogc.org/publications/nausea-and-vomiting-during-pregnancy/>

Exercising During Pregnancy

- http://kidshealth.org/parent/nutrition_center/staying_fit/exercising_pregnancy.html#cat20740

Healthy Eating During Pregnancy: My Canada Food Guide for Pregnant Women aged 19-50

- http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/table_female-femme_pregnance_age19-50-eng.php

Eating, Exercise, and Weight Gain

- <http://sogc.org/publications/healthy-eating-exercise-and-weight-gain-beforeand-duringpregnancy/>

Working During Pregnancy

- <http://sogc.org/publications/working-during-pregnancy/>

Pregnancy and Alcohol/Smoking

- <http://ottawa.ca/en/residents/public-health/pregnancy-and-babies/pregnancy-and-alcohol>

Postpartum Depression

- <http://ottawa.ca/en/residents/public-health/pregnancy-and-babies/postpartum-depression>
- Family Services Support:
<http://www.parentresource.ca/en/ottawaprc/index.php?page=1643>

Canadian Blood Services: Public Cord Blood Bank

- <http://www.blood.ca/cordblood>

Pregnancy and Drugs/Medications

- <http://sogc.org/publications/medications-and-drugs-before-and-during-pregnancy/>