THIS WAY TO A HEALTHY BABY

Pregnancy Passport

IMPORTANT NUMBERS TO KEEP TRACK OF

Ambulance/Police: 911
Health Links Info Santé: 204-788-8200
Women’s Shelter Crisis Line: 1-877-977-0007
Manitoba Suicide Line: 1-877-435-7170
Klinic Crisis Line: 204-786-8686

EMERGENCY SHELTERS

Main Street Project
71 Martha Street • 204-982-8245

Salvation Army
180 Henry Ave • 204-946-9402

Siloam Mission
300 Princess St • 204-956-4344

FOOD BANKS

Winnipeg Harvest • 204-942-3663
IF THIS BOOK IS FOUND PLEASE RETURN TO:

HOW TO REACH ME
Phone Number: ____________________________

Email: ____________________________

My Prenatal Care Team

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<tr>
<th>Name</th>
<th>Role</th>
<th>Phone #</th>
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VERIFICATION OF PREGNANCY

Name: ____________________________________________

Birth date: _______________________________________

PHIN: ___________________________________________

Date of Positive Pregnancy Screening: ________________

Estimated Date of Delivery: _________________________

Testing Practitioner Signature / Position

Testing Practitioner Printed Name

Testing Practitioner Phone Number

For help filling out the Manitoba Prenatal Benefit form, call 1-888-848-0140.
To get the Manitoba Prenatal Benefit form go to http://www.gov.mb.ca/healthychild/healthybaby/. When filling out the Benefit form, make sure you sign Part 4 (this is often forgotten).
about this booklet

Being pregnant gives you a lot to think about, and a lot of choices to make. We’re here to help you stay healthy during and after your pregnancy.

If you have questions about being pregnant or about anything in this booklet, talk to us. We included a list of programs, places and information that can help.

you have choices to make

This is your pregnancy. You’re the boss. It’s your body, and you make the decisions. Maybe you want to keep the pregnancy; maybe you don’t.

Talk to us.

see a doctor, midwife or nurse regularly
welcome to prenatal care!

Prenatal really means “before baby comes”. It is important for both you and your baby’s health. Women who have regular prenatal care:

- Have healthier babies
- Are less likely to have the baby come too early
- Are less likely to have other serious problems with pregnancy

Start prenatal care as soon as you can. It is important to see your doctor, nurse or midwife early and often.

**eat well, sleep well and take care of yourself**
Being pregnant can sometimes be scary, and all women could use some support.

we care about you.  
we care about your health.  
we care about your baby’s health.

Our job is to help you learn what you need to know so that you can make choices that are right for you.
THINGS CAN COME UP THAT YOU MIGHT NEED HELP WITH, SUCH AS:

• How to stay healthy
• What to eat
• What can be done about nausea and vomiting in pregnancy
• What can be done about heartburn and constipation
• What can be done about the tiredness
• Your body’s changes
• Getting prenatal care
• How to prevent your baby from arriving too early
• How you can know if you’re really in labour
• When you need to go to the hospital
• How to get to the hospital
• Baby feeding choices
• How to make your home safe for your baby
• How to bond with your baby before and after birth
Tell us what you need

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<thead>
<tr>
<th>Item</th>
<th>Got it</th>
<th>Need it</th>
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</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
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<td><strong>Manitoba Health Card</strong></td>
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<td>Need it</td>
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<td>Dental care</td>
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<td>Clothing</td>
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<tr>
<td>Prenatal classes</td>
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<td>Labour support</td>
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<tr>
<td>Hospital tour</td>
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</tbody>
</table>

*ask questions if you are unsure*
have a **safety** plan

<table>
<thead>
<tr>
<th><strong>Safety Issues (violence)</strong></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>✅ Got a plan</td>
<td>☐ Need to talk about</td>
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<table>
<thead>
<tr>
<th><strong>Supplies for your baby</strong></th>
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<td>✅ Got it</td>
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<tr>
<th><strong>Transportation to/from prenatal appt</strong></th>
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<td>✅ Got it</td>
<td>☐ Need it</td>
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<tr>
<th><strong>Child-care during appointments</strong></th>
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<td>✅ Got it</td>
<td>☐ Need it</td>
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<table>
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<tr>
<th><strong>Child-care during your labour</strong></th>
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<tbody>
<tr>
<td>✅ Got it</td>
<td>☐ Need it</td>
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</table>
If you are involved with Child and Family Services, these are some of the best things you can do to get your baby to come home with you:

**TIPS**

- Get supports in place before you have your baby (family, friends, support workers or whoever else you need).
- Go to your prenatal appointments. This shows that you are taking care of yourself and your baby.
- Get in touch with a hospital social worker because they are there to help you get everything in place before your baby is born.

**zero alcohol and drugs is the safest choice**
Prenatal Care

What Needs to be Done and When

• See your doctor, nurse or midwife at least once a month when you are first pregnant and then more often as your baby grows.

• At your first visit, we will weigh you, take your blood pressure, figure out when your baby is expected to come, do a social and medical history, draw blood and test your urine to check for any infections, set up supports for you and your baby, and listen to your baby’s heart beat (after 12 weeks of pregnancy).

• An ultrasound is important at some point in your pregnancy. Talk to your doctor or midwife about when is the best time. Ultrasound shows us a picture of your baby.
Smoke as little as you can. Smoke outside so you don’t breathe the same smoke more than once. Ask friends and family to please smoke outside, away from you and your baby. Think about quitting.

Try your best to always be honest with your doctor, nurse or midwife about your pregnancy and what is going on in your life.

If you are having pain, or changes in the discharge (stuff) coming from your vagina, or any other symptoms that you’re thinking about, please ask us about it.

**remember:** YOU KNOW YOUR BODY BEST! If something doesn’t feel right, get it checked out.

**trust yourself!**
Write down the questions that you want to ask. Even if it’s not your first pregnancy, you might have things to ask.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
growing on the inside

fetus in utero

- fetus
- amniotic sac
- umbilical cord
- uterus
- cervix
- bladder
- vagina
- anus
# Prenatal Visits

**Date of last period** __________________________

**Due Date** __________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Care Provider &amp; Location</th>
<th>Weight</th>
<th>Blood Pressure</th>
<th>How Many Weeks?</th>
<th>Baby’s Growth</th>
<th>Baby’s Position</th>
<th>Baby’s Heart Rate</th>
<th>Baby Moving?</th>
<th>Next Visit Date</th>
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# How Your Baby Grows Inside Your Body

## Weeks of Pregnancy

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<tr>
<th>Week</th>
<th>Developmental Features</th>
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<tbody>
<tr>
<td>3</td>
<td>CNS, heart, limbs</td>
</tr>
<tr>
<td>4</td>
<td>Eyes, heart, limbs</td>
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<tr>
<td>5</td>
<td>Eyes, heart, limbs</td>
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<tr>
<td>6</td>
<td>Ears, teeth, palate</td>
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<tr>
<td>7</td>
<td>Heart, upper limbs, lower limbs</td>
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![Developmental Features](chart)
<table>
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<tr>
<th>WEEKS OF PREGNANCY</th>
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<th>16</th>
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get **tested** for infections
ULTRASOUND
week __________

Place your BABY’S picture here!
ULTRASOUND
week ____________

Place your BABY’S picture here!
SIGNS OF LABOUR

Bag of waters break
This “water” is really amniotic fluid and is the liquid that your baby floats in when inside of you. It may be a big gush of water or might be a smaller amount and feel like you have peed yourself. If you think your water broke, you need to go to the hospital soon. The longer you wait, the bigger chance you and your baby may get an infection.

Low, nagging backache or contractions
Contractions feel like a really big pain in your lower belly where your uterus is. They often start like strong period cramps. At the beginning of labour they will come and go. Then they will get stronger and closer together. You may also see some blood show (mucus with a bit of blood) coming from your vagina. Once the contractions are regular and about every 5 minutes you should go to the hospital. You might be having your baby.
YOU NEED TO GO TO THE HOSPITAL IF YOU HAVE ANY OF THE FOLLOWING:

- Bleeding from your vagina.
- Face or fingers are badly swollen.
- Bad pains in your belly.
- Fluid leaking from your vagina, usually in a gush, but it can also be a trickle.
- Baby stops moving or moves less than 6 times in two hours.
- High fever /chills (fever over 102 F or 38.9 C).
- Severe vomiting (puking).
- Blurry vision.
- Headache that won’t go away.
- Hurts when you pee.
- Contractions every 5 minutes if your baby is due (you are more than 37 weeks pregnant).
- Contractions every 10 minutes if your baby is early (you are less than 37 weeks pregnant).
MORE RESOURCES

HEALTH AND SOCIAL SERVICES
204-788-8200 or www.wrha.mb.ca

FAMILY DOCTOR CONNECTION
(names of doctors accepting new clients)
204-786-7111 or 1-866-690-8260

HOME VISIT DOCTORS
(covered by Manitoba Health)

- Health Calls: 204-988-1900
  8 am - 6 pm daily
- Envoy: 204-786-4444
  8 am - 5 pm Monday - Friday
- House Calls: 204-589-5555
  8 am - 10 pm daily

WOMEN’S HEALTH CLINIC MOTHERS PROGRAMS
204-947-2422 (ask for extension 113)
MORE RESOURCES

EMPLOYMENT ASSISTANCE
After-hours: 204-945-0183

CHILD AND FAMILY SERVICES INTAKE
204-944-4200 after 4:30 pm
204-944-4050 or 1-866-345-9241

FAMILIES FIRST
(a program for families with young children)
call your local Public Health Nurse or go to
www.manitoba.ca/healthychild

HEALTHY BABY PROGRAM
204-945-1301 or 1-888-848-0140
www.gov.mb.ca/healthychild/healthybaby/intro

HEALTHY START FOR MOM AND ME
204-949-5350 or www.manitoba.ca/healthychild
MORE RESOURCES

COUNSELING AND FAMILY VIOLENCE
EVOLVE: free confidential services are available to everyone. For more information, call the intake counsellor: 204-784-4208.

KLINIC DROP-IN COUNSELLING AT 545 BROADWAY
For times and information 204-784-4067

SUBSTANCE USE SERVICES

INSIGHT MENTORING PROGRAM
• Aboriginal Health and Wellness Centre 204-925-3750
• NorWest Co-op Community Health 204-940-6646

MANITOBA ADDICTIONS INFORMATION LINE 1-855-662-6605
SUBSTANCE USE SERVICES

MANITO IKWE KAGIIKWE / THE MOTHERING PROJECT
204-589-9409

MOTHER RISK PREGNANCY HELP-LINES
(may need to leave message) www.motherisk.org

• Alcohol + substance use: 1-877-327-4636
  (free of charge)

• Drugs or chemicals during pregnancy or breastfeeding: 1-416-813-6780

• HIV: 1-888-246-5840 (free of charge)

• Nausea and vomiting: 1-800-436-8477
  (free of charge)

SMOKERS’ HELPLINE
1-877-513-5333 or www.smokershelpline.ca
ACKNOWLEDGMENTS

The Partners in Inner-city Integrated Prenatal Care (PIIPC) project was developed by Winnipeg Regional Health Authority (WRHA) and representatives from Healthy Child Manitoba, Manitoba Health, and the Assembly of Manitoba Chiefs, in collaboration with researchers from the University of Manitoba.

The project evaluation is funded by the Canadian Institutes of Health Research and the Manitoba Health Research Council.

A Special Thanks to St. Michael’s Hospital in Toronto, ON (Marisa Cicero) for sharing their “Baby and Me” Booklet and to Streetworks in Edmonton, AB.

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