

PREGNANCY

WELLNESS GUIDE



Alberta Health
Services



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, or public health nurse.

HEALTHY EATING



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

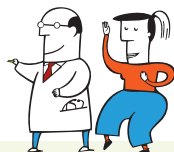
8. I take a folic acid supplement of at least 0.4 mg, or a multivitamin containing 0.4 mg. of folic acid, every day. ☐ Yes ☐ No
9. I drink at least 6 cups (1.5 litres) of fluid a day (e.g. milk, water, juice, soup). ☐ Yes ☐ No
10. If I eat a special diet, I pay extra attention to the amount of protein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

NUTRITION RESOURCES

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

- Nutrition information: **403-943-LINK (5465)**
- **www.myhealth.alberta.ca**
search for nutrition in pregnancy
- www.hc-sc.gc.ca search food guide
- www.motherisk.org
- Medication and Herbal Advice Line **1-888-944-1012**
- Early Pregnancy Class: a free class for pregnant women and partners. REGISTER at **403-955-1450**
- Healthy Eating for Pregnancy Class. Register at **403-955-1450**
- Healthy Parents Healthy Children: resource books, go to www.healthyparentshealthychildren.ca for details.
- Your doctor, midwife, childbirth educator, or public health nurse.

WHAT DO I DO?



15. I know that physical activity may have a positive effect on my pregnancy. ☐ Yes ☐ 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. ☐ Yes ☐ No
17. I have a doctor or midwife. ☐ Yes ☐ No
18. I attend or plan to attend regular prenatal visits with a doctor or midwife. ☐ Yes ☐ No
19. I know that dental problems in pregnancy may increase my risk of preterm birth. ☐ Yes ☐ No
20. I brush my teeth at least twice a day and floss daily. ☐ Yes ☐ No
21. I have seen, or plan to see a dentist during this pregnancy. ☐ Yes ☐ No
22. I have had problems with my teeth or gums during this pregnancy. ☐ Yes ☐ No
23. I know that smoking and second-hand smoke can cause premature birth and small babies. ☐ Yes ☐ No
24. When I found out I was pregnant, I quit smoking or using tobacco. ☐ Yes ☐ No ☐ N/A
25. I breathe second-hand smoke at home or at work. ☐ Yes ☐ No

EXERCISE AND PHYSICIAN RESOURCES

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

- Calgary Parks and Recreation **311**
- *Healthy Parents Healthy Children* resource for exercise guidelines
- Health Information at **403-943-LINK (5465)**
- **www.albertahealthservices.ca** Click on "Find Healthcare"
- **www.cpsa.ab.ca**
- **www.alberta-midwives.com**

Important: Do not start an exercise program in pregnancy without first checking with your doctor.

DENTAL RESOURCES

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

- your dentist
- **www.albertahealthservices.ca** search "Dental treatment services"
- SAIT Dental Clinic: **403-284-8380** (service to low income families)

RESOURCES TO STOP SMOKING

If you answered NO to #23, 24 or YES to #25 and would like help to reduce or stop smoking, call these numbers.

- **403-943-LINK (5465)** for other stop smoking programs for pregnant women and other family members.
- **www.albertaquits.ca**



CHOICES AND 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 #26-28, 31, 32 or YES to #29, 30, these resources may be helpful.

- **403-943-LINK (5465)**
- Narcotics anonymous **www.canaacna.org** **1-877-463-3537**
- Alcoholics Anonymous **www.area78.org**
- **www.connectnetwork.ca**
- Your doctor, midwife, or public health nurse

STRESS MANAGEMENT RESOURCES

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

- Families Matter: for prenatal or postpartum depression. **www.familiesmatter.ca** **403-205-5178**
- Best Beginning: an education and support program for pregnant teens and women with financial concerns. **www.birthingandbabies.com** "Best Beginning Program" **403-228-8221**
- **www.calgaryfoodbank.com** **403-253-2055**
- Your doctor, midwife, childbirth educator or public health nurse.
- **www.calgarywomenshealth.ca** **403-944-2260**

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

- Eastside Family Centre Counselling Services **403-265-5980**
- Calgary Counselling Centre **403-265-4980**
- Distress Centre 24hr help **403-266-1605**
- **www.familiesmatter.ca 403-205-5178** for feelings of sadness or depression.

If you are concerned about your partner's actions or fear for your safety and the safety of others in your home, call one of these numbers or talk with your doctor, midwife or public health nurse.

- **www.connectnetwork.ca**
- Sheriff King Home: **403-266-0707**
- Calgary Woman's Emergency Shelter: **403-234-SAFE (7233)**

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, tuberculosis). ☐ 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, (eg. 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 #54 - 59 or NO to #60, the following may be helpful.

- Occupational Health Staff at your workplace
- Alberta Workplace Health and Safety **1-866-415-8690**
- Canadian Centre for Occupational Health and Safety www.ccohs.ca
- PADIS 24-hour Poison Advice and Drug Information Service **1-800-332-1414**

GENERAL RESOURCES FOR PREGNANCY

Finding the information, support, and resources you need for pregnancy will help you and your family make good choices to help your baby grow strong and healthy.

It may be helpful to talk with your doctor, midwife or public health nurse about any of the topics listed in this quiz.

Heathy Parents Healthy Children: a resource book for pregnancy, childbirth, infant care, and early parenting.

Visit **www.healthyparentshealthychildren.ca**

Call **403-943-LINK (5465)** or 1-866-408-LINK (5465) toll free for health information and other resources.

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.

Perinatal Education Program at www.birthandbabies.com

Alberta Health Services at www.albertahealthservices.ca

Online Health Information at www.myhealth.alberta.ca

Inform Alberta at www.informalberta.ca

Motherisk at www.motherisk.org

Dietitians of Canada at www.dietitians.ca

Health Canada at www.hc-sc.gc.ca

Medlineplus at www.nlm.nih.gov/medlineplus



