

West Durham
Family Health Team



YOUR PASSPORT THROUGH PREGNANCY



A comprehensive guide for your pregnancy

From conception to birth

Table of Contents

My Information Page.....	Page 3
Appointments & Tests	Page 4
Medical History Checklist.....	Page 5
Early Pregnancy Progress.....	Page 6
First Trimester Progress	Page 8
Second Trimester Progress.....	Page 11
Third Trimester Progress.....	Page 14
Feeding Your Newborn: What you need to know.....	Page 17
What to Pack for the Hospital	Page 19
Classes Offered in the Durham Region	Page 20
There's an App for That!	Page 21
FYI: Postpartum Mood Disorders	Page 22
References	Page 23



My Information Page

Name and numbers of care providers

Family Doctor: _____

OB/GYN: _____

Midwife: _____

Specialists: _____

Public Health Unit number:

Public Health Nurse name and number:

Place I will give birth and phone number:

Other emergency contact numbers:

Expected date of delivery:

Medical History Checklist

Here are some things you may want to think about for your first visit with the doctor. It will help them determine the best strategy for your pregnancy. Fill this out before your first trimester appointment, which usually occurs between the first 8-12 weeks.

- Date of last menstrual period _____
- Pregnancy progress to date (symptoms, concerns etc.)

- Obstetrical history (previous pregnancies, deliveries, miscarriages, abortions etc.)

- Medical history (chronic issues, recent infections, etc.)

- Surgical history

- Mental health history

- Family history

- Over-the-counter and prescription medications you currently take

- Immunization history

Early Pregnancy Progress (Week 1- 4)

So you have found out you're are pregnant. There are probably so many questions, thoughts, and concerns buzzing around inside your head, all of which are completely normal. These first few weeks will be the exciting start to your new adventure!

Changes to expect

Mom, you may notice:

- Nausea
- Fatigue
- Sore breasts
- Abnormal or no menstrual bleeding
- Mild cramping



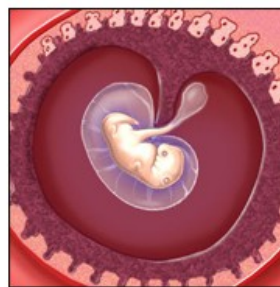
Changes mom can make

- Consider eliminating your alcohol consumption
- Consider smoking cessation for yourself and/or those around you
- Begin taking a prenatal vitamin that includes folic acid
- Become more aware of food safety and
- Environmental hazards (see *Pre-Pregnancy & Pregnancy* booklet)
- Consider your eating habits

Baby's Development

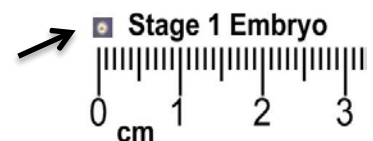
At 2 to 4 weeks gestation

- The fertilized egg will have attached itself to the uterus and have started to grow into a group of attached cells
- Cells begin to divide into multiple layers for further development
- The cell group is approximately 0.36 mm -1 mm in length



1st month (4 weeks)

The baby is the size of the yellow dot inside the blue box at this time



What to think about during this time

- Choosing your health care providers (obstetrician, midwife, specialists etc.)
- Researching services and classes in the community
- Are there any support services you want to use during the pregnancy?
- Where do you want to give birth?
- Do you want genetic testing done? (For chromosomal and genetic conditions)
- Checking if you are eating a healthy diet
- Are you protecting yourself from various infections (flu, foodborne illness, STIs, etc.)?
 - Did you get the Flu Shot?
- Who can you contact during an emergency?

Visiting your Health Care Practitioner

- Generally before the end of the first month of pregnancy

What may be discussed?

- Calculation of due date
- Schedule visits
 - In uncomplicated pregnancies the general schedule is a visit monthly until week 28, every two weeks until week 36, and then weekly until delivery
- Review lifestyle behaviours, obstetrical, and medical history
- Any concerns (discomfort mom may be experiencing such as nausea or cramps)
- Review of antenatal care options
 - Fully cared for by family doctor/ nurse practitioner (if they deliver babies)
 - Shared care by family doctor and obstetrician or midwife
 - Fully cared for by obstetrician or midwife



What tests or measurements may be done or ordered?

- Pregnancy confirmation (blood work and/or urine sample)
- Height and weight
- Blood pressure
- Blood work (STI testing, blood typing, immunity testing)

First Trimester Progress (Week 4-12)

Changes to expect

A lot of changes begin to happen at this point in pregnancy. These are often due to the changes in mom's hormone levels (estrogen and progesterone). Not all pregnant women experience the same symptoms. As well, symptoms can differ with each of your pregnancies. Should anything be worrisome such as severe vomiting, diarrhea, or extreme cramping, contact your Health Care Practitioner.

Mom, you may notice:

- Morning sickness (generally occurs 6 weeks after your last period to end of first trimester)
- Nausea
- May begin to "show" towards the end of the first trimester
- Constipation
- Heartburn
- Gingivitis
- Fatigue
- Sore breasts
- Frequent urination
- Headaches
- Mood changes

Changes mom can make

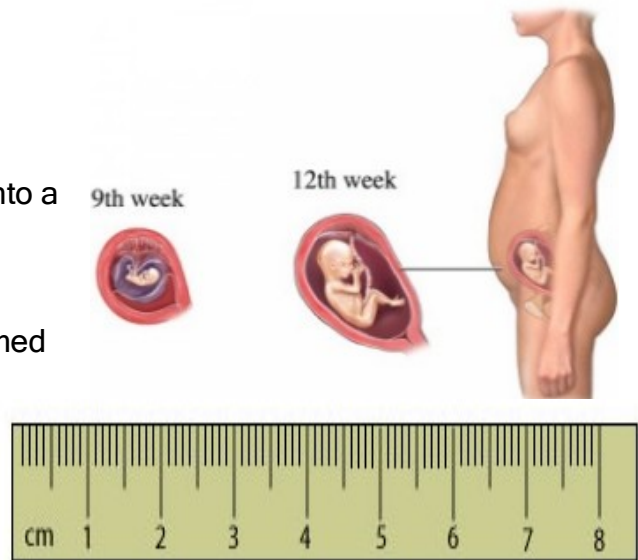
- Explore ways to manage morning sickness (smaller, more frequent meals, leave a few crackers by the bedside for the morning, cold vs hot foods, discuss anti-nausea medication with your doctor etc.)
- Increasing fibre and fluids in your diet or using a bulking agent such as Metamucil can help with constipation

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



Baby's Development

- Many significant growth milestones happen during this time
- The ball-like group of cells develops into a tadpole-like embryo, then into a fully formed baby that is about 8 cm long
- By the end of the first trimester the essential organs and systems are formed but not fully developed



Visiting your Health Care Practitioner

- Around weeks 8-12

What may be discussed?

- Lifestyle
 - Healthy diet and food safety
 - Prenatal vitamins
 - Review alcohol and smoking cessation supports
 - Physical activity
- Medical history
- Current medications
- Baby's progress
- Physical symptoms mom may be experiencing
- How mom is adjusting with work, stress, family, moods, emotions etc.
- A pregnancy care plan (family doctor, obstetrician, midwife)

What tests or measurements may be done or ordered?

- Weight
- Physical and pelvic exam
- Prenatal genetic screening options
- Blood and urine tests
- Examine baby's heartbeat (12 weeks +)
- STI tests and pap smear
- Dating ultrasound



Mom's Notes- First Trimester (0-12 weeks)

Information and/or resources needed

Things to clarify or questions to ask

Description of how I have been feeling and changes I have noticed

Doctor's recommendations

Second Trimester Progress (Week 13-27)

Changes to expect

A lot is going on inside of mom right now and that is probably going to make everything seem more real. The baby will begin to become more active and mom will begin to feel kicks and movements towards the end of the second trimester. Remember to enjoy this time as many women say that the second trimester is the most enjoyable part of pregnancy. Now is a good time to do the things you want to do before the baby comes (such as a small getaway) before the fatigue that normally accompanies the third trimester starts.

Mom, you may notice:

- Your “baby bump” will become noticeable
- Nausea, breast soreness, and fatigue may lessen
- More headaches due to the hormonal changes occurring
- Constipation
- Changes in your skin pigmentation
- Back pain due to the new weight
- You may need to slow your walk
- Swelling in your lower legs (feet and ankles)
- Heartburn
- Mild tightening of your uterus (Braxton-Hicks contractions)

Changes mom can make

- Continue physical activity. Just remember: safety first!
- Try to get good sleep, and nap when need
- Begin relaxation exercises (ex. yoga, meditation, massages etc.)



Baby's Development

- Many features are beginning to develop such as the face, limbs, and hands
- The baby grows to be about 15.75 cm long
- Bones are hardening (therefore, mom's calcium and vitamin D intake is especially important during this time)
- Brain and nervous system are developing rapidly
- Ears are almost fully functional, they can hear you!

Visiting your Health Care Practitioner

- Once between weeks 15-17
- During week 20
- During week 24

What may be discussed?

- Symptoms (physical and emotional)
- Baby's development
- Ultrasound or test results (blood, urine, genetic etc.)
- Signs of preterm labour

What tests or measurements may be done or ordered?

- Weight
- Blood pressure
- Urine protein
- Ultrasounds
- Gestational diabetes mellitus test (glucose challenge test, generally between week 24-28)
- Hemoglobin levels via blood test
- Uterine height (external measurement of moms belly from public bone to where the top of the uterus would be, better measure of baby's growth and development)



Mom's Notes- Second Trimester (Weeks 13-27)

Information and/or resources needed:

Things to clarify or questions to ask

Description of how I have been feeling and changes I have noticed

Doctor's recommendations

Third Trimester Progress (Week 28-40)

Changes to expect

A lot of changes are happening for mom and baby in this last trimester of pregnancy. Mom will likely feel very tired at times and may experience some aches. With all the changes that are happening, mom and baby will be closely monitored in these last three months. It is also a good idea to start getting prepared for the baby to come home. Begin gathering all the necessities (see the “Budgeting for Baby” in the *Pre-Pregnancy & Pregnancy* booklet for ideas), work on setting up the baby’s room, and having basics already in your hospital bag (see “What to Pack for the Hospital” on page 18).

Mom, you may notice:

- Your belly will continue to grow
- Fatigue and exhaustion
- Swelling in feet and lower legs
- Low back pressure from the growing baby
- Heartburn
- Trouble sleeping
- Anxiety and irritation
- Pressure in your pelvis that feels like it is pushing down
- Contractions
- You may begin to secrete bits of colostrum from your breasts (the initial type of milk produced until a few days after breast feeding begins)



Changes mom can make

- The growing baby can push against the stomach making it uncomfortable for mom to eat portions she would consider to be “normal” for her. Mom can work on listening intuitively to how she is feeling and eat accordingly. This may mean more frequent, but smaller meals to accommodate the compressed stomach.
- Attend prenatal classes to prepare yourself for labour and the delivery process. Take a partner with you for support
- Sleep and rest. This is important for both mom and baby’s health

Baby's Development

- Baby continues to grow. Baby starts off the third semester around 2.5 lbs (1.2 kg) and on averages reaches 7.5 lbs (3.4 kg) by birth
- Fat begins to develop under the baby's skin
- Baby is producing blood cells and urine
- Baby will make smaller movements as the baby's space inside mom is decreasing
- All organs will be well on their way to being fully developed and functional, except the lungs which only begin to function on their own at birth

Visiting your Health Care Practitioner

- Week 28
- Week 30
- Week 32
- Week 34
- Week 36
- Week 37
- Week 38
- Week 39
- Week 40
- Week 41 (if not yet born)



What may be discussed?

- Baby's development
- Mom's symptoms (physical and emotional)
- Prenatal classes and supports
- Preparation for birth
- Signs of labour
- Any test results
- Extra monitoring and plans for inducing labour (if necessary)

What tests or measurements may be done or ordered?

- Weight
- Blood pressure
- Urine protein
- Uterine height
- Rh negative factor treatment usually around week 28
- Group B streptococcus vaginal and rectal swab usually around week 35
- Ultrasounds (if necessary)
- Examination of cervix (as appropriate)

Mom's Notes- Third Trimester (Weeks 28-40)

Information and/or resources needed

Things to clarify or questions to ask

Description of how I have been feeling and changes I have noticed

Doctor's recommendations

Feeding Your Newborn: What you need to know

Breastfeeding is the recommended feeding method for any new mom and baby. The baby can get almost all the nutrients it needs simply from breast milk (Vitamin D being the exception) and it creates a great connection between mom and baby. Another reason many moms breastfeed is because it is essentially free!

However, it is important to know that for various reasons moms may choose not to breastfeed their baby. Mom should never feel shame or guilt for not breastfeeding. Another great option is using infant formula.



Breastfeeding 101

- Health Canada recommends that babies be *exclusively breastfed 4-6 months based on baby's signs of readiness. Then nutrient-rich, complementary foods (with particular attention to iron at 6 months) can be added with continued breastfeeding until approximately 2 years of age.*
- There are many great classes and groups in the Durham Region that focus on breastfeeding. They can help the family to prepare for what to expect and techniques to use
- Nurses at the hospital will also help mom with breastfeeding after delivery. Breastfeeding does not always come naturally. For many moms, it can be quite challenging in the beginning. It is something mom and baby need to work at, and it often takes 4-6 weeks for it to feel comfortable with it. There is a lot of support out there if you need it, so try not to give up breastfeeding if it is what you want for you and your baby.

Here are some great resources:

Prepare: The Learning Curve of Breastfeeding on www.bestforbabes.org

Breastfeeding Matters on www.beststart.org

Ten Valuable Tips for Successful Breastfeeding on www.phac-aspc.gc.ca

Formula 101

Formula is the best alternative to natural breast milk. Before the baby is born, we recommend that you prepare yourself with everything you may need to avoid stress and confusion. First, you need to decide the type of formula you are going to use. Keep in mind you will be using this formula until your baby is 9-12 months old, so cost is a factor in choosing. Price it out to see what your budget for formula is.

What to look for in a formula

Infant formula is sold in 3 different forms:

- Liquid ready-to-use (heat treated and fully sterile)
- Liquid concentrate (require you to mix liquid with boiled water)
- Powdered (powdered infant formula is not sterile and therefore, if not prepared correctly there is a risk of bacterial contamination)

For caregivers who have made an informed decision to use infant formulas, Toronto Public Health does not recommend the use of powdered formula for healthy term infants under 2 months of age. However, for financial or various reasons powdered formula may be the only option for some families. With the proper preparation techniques, powdered infant formula can still be used and can be considered safe, though it is no longer the golden standard for infant formula. Feel free to discuss with your Health Care Practitioner or Registered Dietitian, which option is best for family and baby.

Types of infant formula:

- Cow's milk standard, iron fortified (general recommendation)
- Cow's milk lactose-free, iron fortified
- Cow's milk partially hydrolyzed, iron fortified (generally for babies with a high risk of allergy conditions)
- Cow's milk thickened, iron fortified (used for reflux, regurgitation etc.)
- Soy based iron fortified (for infants who can't consume dairy-based products due to medical, cultural, or religious reasons)

If your doctor feels your baby may require a special formula or extra vitamins and minerals they will inform you and be able to provide recommendations.

What supplies and equipment will you need?

- Bottles (BPA-free)
- Nipples
- Tops
- Measuring cup
- Sterilizing equipment or large pot



Here are some great resources:

Feeding Your Baby: Infant Formula Feeding on www.health.gov.sask.ca
Formula Feeding on www.babycentre.ca

What to Pack for the Hospital

We recommend you prepare a bag to bring to the hospital at least two weeks before your due date. That way you are ready to go when the baby is. This will help ensure you remember important items.

- Health card
- Phone numbers
- Comb and brush
- Deodorant
- Soap and shampoo
- Toothbrush and toothpaste
- Diapers
- Pyjamas
- Robe
- Underwear
- Nursing bra and pads
- Socks and slippers
- Loose fitting clothes for mom
- Clothes for baby (hat and socks included)
- Receiving blankets
- **Infant car seat** (most hospitals will not let you leave with your newborn until they have checked the car seat to ensure its safety)
- Baby blanket
- Camera or video recorder
- A comfort item if needed
- iPod or other items for entertainment
- Chapstick or lip-gloss



Durham Region Health Department, 2013

Classes in Durham Region

West Durham Family Health Team

- *Feeding Your Baby*
- *Feeding Your Toddler*
 - Call to book: 905 420 9999 ext. 2681
 - www.westdurhamfht.com

Durham Region

- *Breastfeeding Support Groups*
 - Offered weekly, group drop-in basis
 - Located in Ajax, Bowmanville, Oshawa and Whitby
 - http://www.durham.ca/health.asp?nr=/departments/health/family_health/parenting/bf/bfSupportGroup.htm&setFooter=/includes/health/healthFooterParent.inc
- *Healthy Babies, Healthy Children*
 - Home visit support from Public Health Nurses
 - Call 905-666-6241 or toll free 1-800-841-2729
- *Online Prenatal Classes presented by Durham Region Health Department*
 - <http://www.durham.ca/extcontent.asp?nr=/departments/health/OnlineLearning/Prenatal/Intro/Intro.htm>
- *Lakeridge Health Corporation Prenatal Classes*
 - 905 576 8711 Ext. 4116 (Oshawa)
 - www.lakeridgehealth.on.ca
- *Rouge Valley Health System, Ajax & Pickering Prenatal Classes*
 - 905 683 2320 Ext. 1226
 - www.rougevalley.ca/prenatal-classes
- The Youth Centre
 - Food “4” Thought, Baby Steps, *S.M.I.L.E. (Supporting Mothers and Infants Learning Experience)*
 - 905 428 1212
 - www.theyouthcentre.ca
- Markham Stouffville Hospital
 - www.msh.on.ca/childbirth_centre

For more on classes and services check out:

Preconception and Prenatal Services in Durham (PDF) at

http://www.durham.ca/departments/health/family_health/parenting/oneHealthyLife.pdf

There's an App for That!

It may seem like there is an app for everything nowadays, pregnancy included. Apps can be a great way to track your pregnancy progress, get support, and information.

Here are some top picks:

- **BabyBump Pregnancy**
 - This app is free for iPhone and Android users. It is great for counting down and giving you advice for symptoms you may be dealing with. There are diagrams and illustrations, and the option to connect to community message boards.
- **Sprout**
 - This app is only for Apple users on the iPhone and iPad. There are great 3D graphics as well as useful tools to track appointments or time contractions.
- **My Pregnancy Today**
 - This app is for Android users. It was developed by BabyCenter, a reputable website for moms-to-be. One of the great features of this app is the “Checklist” tool. It offers great advice and activities to do each week that will lead to a happy and healthy pregnancy.
- **Pregnant and FIT!**
 - This is a user-friendly app for iPhone and Android. It suggests workouts based on the energy level mom selects at the beginning of the workout.
- **I'm Pregnant**
 - This app is for Android users. It has many of the same capabilities as the other apps, however it has a diary feature that can let you track updates and feelings on the go!
- **m Pregnancy**
 - This app is aimed at men and dads-to-be. It offers great tips for a partner such as information on how to help mom prepare for delivery, tips for being supportive, and what foods mom should avoid while pregnant.



BabyBump App



I'm Pregnant App

Remember, Apps can be a helpful tool and guide, but they do not replace the advice and need for health professionals. If you have any concerns it is always best to consult your doctor. Check out Google Play for Android apps and the Apple App Store for more details.

FYI: Postpartum Mood Disorder

Research shows that 1 in 5 moms will experience postpartum mood disorder within the first year after the birth of a baby.

What you may experience?

- Feelings of hopelessness,
- Guilt
- Inadequacy
- Panic
- Anger or irritation
- Being teary and sad

If these feelings don't seem to go away after a couple weeks (this is the main difference between postpartum blues and postpartum mood disorder), you may require treatment and extra support



It is important to know that postpartum mood disorder is not a weakness or anyone's fault. There is lots of support available in your community and at your doctor's office. You can speak to your doctor, a public health nurse, Durham Health Connection line and many other health professionals who will be more than willing to get you the help and support you need.



Mom's Support Team

It is important for those who are around mom to be aware of changes in her mood or personality. If you suspect mom may be experiencing Postpartum Mood Disorder, try to discuss in a respectful and caring manner. It is really important that mom has supportive people that are understanding and reassuring and encourage her to seek help if needed.

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