

Pregnancy guide

Passport to parenthood

naître
ET grandir



Your pregnancy guide

This booklet is a tool you can use to record your medical appointments and important information throughout your pregnancy.

It was designed to help you schedule and keep track of appointments with various health care providers. Keep it with you and bring it to all of your checkups to make sure you don't forget to ask any questions.

This booklet belongs to:

and _____

Phone: _____

Emergency contact: _____

Phone: _____

Foreword

Congratulations! You're about to embark upon a new chapter in life. Pregnancy is a special time. Excitement, worry, stress, joy . . . you and your partner are bound to experience a range of emotions over the next nine months. This is perfectly normal.

You'll probably have plenty of questions during this period, especially if it's your first pregnancy. Getting answers to your questions will reduce any stress you might have in connection with the changes you're about to experience and help you enjoy this time. Keep this booklet handy and use it to jot down your medical appointments and any questions you want to ask at your next checkup. Our website, newsletter, and app are great sources of information, as are prenatal classes and books about pregnancy, such as *From Tiny Tot to Toddler. A practical guide for parents from pregnancy to age two.*

Remember, every pregnancy is unique. The same can be said of every child and every parent-child relationship. Each pregnancy is its own adventure.

All the best for a happy pregnancy!

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Your prenatal record

Dates to remember

The date your last period started: _____

The date of your positive pregnancy test: _____

Expected date of delivery: _____

Health care professional: _____

Phone: _____

Birth location: _____

Phone: _____

Family medical history

Maternal

Paternal

High blood pressure

 _____ _____

Diabetes

 _____ _____

Hereditary diseases

 _____ _____

Malformations

 _____ _____

Allergies

 _____ _____

Other

 _____ _____

Blood type: _____



Your rights

Pregnancy and childbirth have always been a natural part of life. Today, there are many options to consider. In preparation for your baby's delivery, you'll need to make decisions about your preferred treatment and care. These decisions are yours alone. You have the right to get all the necessary support (e.g., information, assistance, care) to make informed choices and enjoy every moment of your pregnancy. You also have the right to consult your prenatal record in its entirety at any time.

During your pregnancy, you have the following rights:

- To be adequately informed about the progress of your pregnancy, about labour and delivery, and about how to breastfeed.
- To choose the professional who will monitor you throughout your pregnancy, whether they are a doctor, midwife, or specialized nurse practitioner, and to have the option to change professionals at any time during your pregnancy.
- To be informed about all possible birth locations (e.g., hospital, birthing centre, home) and their characteristics (e.g., routines, regulations, types of interventions) and to visit these locations.
- To be informed of the limitations and adverse effects of suggested medications and interventions.
- To refuse any medications or treatments you may be offered.
- To get information from your health care professional regarding alternatives to proposed medications and interventions.

- To be informed about the possibility of having a vaginal birth even if you have already had a C-section (VBAC).
- To get a second professional opinion regarding a matter you're concerned about.

During labour and delivery, you have the following rights:

- To experience labour and delivery at your own pace, without any unwanted interventions.
- To be supported by the people of your choice throughout your labour and delivery.
- To refuse to be examined by medical students.
- To be informed of the purpose of all interventions (induced labour, stimulation, forceps, episiotomy, epidural, sedatives, continuous monitoring, IV fluids, etc.) and how they will affect you and your baby, and to refuse any that you consider unnecessary.
- To eat and drink at any time.
- To push and deliver in the position of your choice.
- To limit the number of people in the room during delivery (relatives and caregivers).

To learn about your rights regarding C-sections, as well as those that apply after the birth of your child, consult: bit.ly/pregnancy-delivery-rights-aspq



Perinatal health care professionals

General practitioners

General practitioners can monitor a pregnancy and take care of delivery. They are concerned with the overall health of the pregnant woman. They generally provide ongoing care throughout the pregnancy. A perinatal general practitioner is able to deal with certain complications that might arise during pregnancy and childbirth. In more complicated situations, they can get support from an obstetrician-gynecologist.

Association des omnipraticiens en périnatalité: aopq.org (French only)

Midwives

A midwife is a health care professional who has completed four and a half years of university training. They provide care and services during pregnancy, childbirth, and the six weeks following birth. To be cared for by a midwife, a woman must be healthy and her pregnancy must be progressing normally. Midwives favour a holistic approach that respects the parents' choices.

Regroupement Les Sages-Femmes du Québec: rsfq.qc.ca (French only)

Nurses

A specialized nurse practitioner can monitor pregnancies. They can also monitor women with high-risk pregnancies along with a physician. Nurses can also be present during prenatal meetings in clinics, CLSCs, or the obstetrics department at a hospital. They can also assist during labour and delivery, and follow up on how the baby and family are doing after they go home.

Ordre des infirmières et infirmiers du Québec: oiiq.org (French only)

Obstetrician-gynecologists

Obstetrician-gynecologists usually help monitor the pregnancy, and may be present during delivery in the event of an abnormality or complication. A woman may also be followed exclusively by an obstetrician in the event of a high-risk pregnancy, such as if she has diabetes or high blood pressure, or if she is expecting twins.

Association of Obstetricians and Gynecologists of Quebec:
gynecoquebec.com/en/home.html

Doulas: Additional support

The role of the doula, also known as the birth attendant, is to assist you throughout your pregnancy, during childbirth, and after the birth of your child. Their knowledge of obstetrics can help you make informed decisions. That said, a doula is not a health care professional, which means their fees are not covered by provincial health insurance.

Quebec Association of doulas: aqdoulas.com/en

The Ma grossesse service

This service was created to help pregnant women access free services tailored to their needs and find a health care professional if they don't already have one. All pregnant women can register for this service. What's more, pregnant women who are in need of specialized services will be contacted by a worker from the CISSS or CIUSSS in their region. **This includes women in the following situations:**

- › Women who want to know what services are available free of charge in their area
- › Women in a difficult situation or who need help
- › Women who cannot afford to eat well
- › Women with no health care professional to monitor their pregnancy

How to register

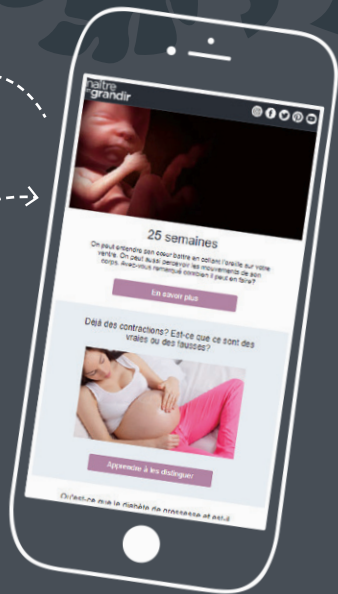
You can fill out an online form as soon as you find out about your pregnancy. If you have trouble filling it out, call your CLSC and someone will do it for you. Once it's filled out, the form will be sent to case workers in your area who will identify your needs. The form is available in 11 languages, and interpreting services are available. You don't need a RAMQ card to fill out the form.



bit.ly/service-ma-grossesse

Subscribe to our pregnancy
newsletter (French only)
naitreetgrandir.com/infolettre

Find out more about fetal
development in pictures
naitreetgrandir.com/fetus



Taking care of your mental health

During pregnancy, it's common to experience a wide range of emotions. Mood changes can be sudden and frequent. For instance, with all the newness it brings, pregnancy can stir feelings of great joy. However, it's normal to experience negative emotions as well.

Some women may feel unsettled by all the changes that come with pregnancy and the arrival of a baby. Others may also experience ambivalence during pregnancy. In addition, it's natural to miss the life you had before becoming pregnant.

Accordingly, it's important to be able to express your emotions without feeling judged. Talking with your partner, friends, and other pregnant women can help you realize that you're not the only one who feels this way.

If you're concerned about your emotions or feeling distressed, talk to your doctor, midwife, or nurse, or another health care professional. Some symptoms, such as persistent mood changes, anxiety, lack of appetite, sadness, and dark thoughts, may indicate prenatal depression or an anxiety disorder. The sooner you seek treatment, the easier it will be to help you.

Fathers can also experience depression during their partner's pregnancy. Indeed, they have their own concerns and can feel stressed. Therefore, it's important for couples to keep the lines of communication open and ask for help as needed.

Mental health support (websites available in French only)

- › **Info-Social**
811
- › **Association des centres d'écoute téléphonique du Québec**
lignedecoute.ca
- › **Association des psychothérapeutes du Québec**
psychotherapeutesquebec.ca
- › **Ordre des psychologues du Québec**
ordrepsy.qc.ca
- › **Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec**
otstcfq.org
- › **Projet Grande Ourse sur la santé mentale périnatale CHU Sainte-Justine**
bit.ly/grande-ourse
- › **Réseau Avant de craquer**
1-855-CRAQUER (1-855-272-7837)
avantdecraquer.com
- › **Relevailles Québec, groupe d'entraide postpartum**
relevaillesquebec.com/entraide-postpartum
- › **Suicide.ca**
1-866-APPELLE (1-866-277-3553)
- › **Tel-Aide**
1-877-700-2433



Perinatal bereavement

Have you recently had a miscarriage? It's normal to feel intense emotions that are difficult to express. More than half of women who miscarry say they go through a grieving period. Feelings of emptiness, unfairness, sadness, anger, and guilt are common emotions that grieving mothers experience. Your partner may also experience grief and disappointment, in addition to feeling powerless.

For this reason, it's important to talk to each other and discuss your emotions. Support groups can also be a good source of comfort during the grieving process, and your local CLSC may offer services for couples and individuals. Don't hesitate to ask for help.

A woman whose pregnancy ends before the 20-week mark is entitled to take 3 weeks off work, without pay. The law doesn't allow any time off for the other parent. If the pregnancy is terminated after the 20-week mark, the woman is entitled to take up to 20 weeks off work. The other parent is also entitled to 5 days of leave.

Perinatal bereavement support

- > **Centre de soutien au deuil périnatal**
1-866-990-2730
- > **CHU Sainte-Justine**
Perinatal bereavement
bit.ly/perinatal-bereavement
- > **Cyr, Manon, and Isabelle Clément**
Fausse couche, vrai deuil. Montreal, Éditions Caractère, 2013, 232 pp.
- > **Leave in the event of a termination of pregnancy**
bit.ly/leave-event-termination-pregnancy
- > **Les Perséides**
lesperseides.org (French only)
- > **Les rêves envolés**
450-468-8111, ext. 82309
- > **Nos petits anges au paradis**
nospetitsangesauparadis.com
(French only)
- > **Parents Orphelins, Québec Association of parents going through infant loss and grief**
514-686-4880
parentsorphelins.org/en
- > **Perinatal Bereavement Clinic of Laval**
450-978-8301, ext. 18349
- > **Poussière d'anges**
bedonboutchou.ca/soutien-deuil-perinatal (French only)
- > **SOS Grossesse**
1-877-662-9666
sosgrossesse.ca (French only)

Useful resources

- › **Naître et grandir**
naitreetgrandir.com/en/pregnancy
- › **From Tiny Tot to Toddler:**
A practical guide for parents from pregnancy to age two
inspq.qc.ca/en/tiny-tot
- › **Becoming a parent**
Gouvernement du Québec
bit.ly/becoming-parent-qc
- › **Info-Santé and Info-Social**
811
- › **Alcohol-free pregnancy**
fasd-alcoholfreepregnancy.ca
- › **Association de parents de jumeaux et de triplés de la région de Montréal**
apjtm.com (French only)
- › **AVAC-Info**
avac-info.org (French only)
- › **Drugs: Help and Referral helpline**
1-800-265-2626
aidedrogue.ca/en
- › **Fondation Olo**
fondationolo.ca/en
- › **Grossesse-Secours**
1-877-271-0555
grossesse-secours.org (French only)
- › **La Maison Bleue**
maisonbleue.info/en

- **Ordre des diététistes–nutritionnistes du Québec**
odnq.org (French only)
- **Ordre des sages–femmes du Québec**
osfq.org (French only)
- **Préma–Québec**
premaquebec.ca/en
- **Regroupement pour la Trisomie 21**
trisomie.qc.ca (French only)
- **Réseau des Centres de ressources périnatales du Québec**
rcrpq.com/english-version
- **Réseau québécois d'accompagnantes à la naissance**
naissance.ca (French only)
- **SOS Grossesse**
1-877-662-9666
sosgrossesse.ca (French only)
- **SOS violence conjugale**
1-800-363-9010
sosviolenceconjugale.ca/en
- **The Society of Obstetricians and Gynaecologists of Canada (SOGC)**
pregnancyinfo.ca
- **Tobacco-Free Quebec**
I QUIT NOW helpline (1-866-527-7383)
tobaccofreequebec.ca/iqitnow

Scheduled checkups

		Date	Time	Reason	✓
	1				
	2				
Month 1	3				
	4				
	5				
	6				
Month 2	7				
	8				
	9				
	10				
	11				
Month 3	12				
	13				
	14				
	15				
Month 4	16				
	17				
	18				
	19				

		Date	Time	Reason	✓
Month 5	20				
	21				
	22				
	23				
	24				
Month 6	25				
	26				
	27				
	28				
Month 7	29				
	30				
	31				
	32				
Month 8	33				
	34				
	35				
	36				
Month 9	37				
	38				
	39				
	40				
	41				

Timetable to keep track of appointments with the health care professional in charge of monitoring your pregnancy and labour.

0–14 weeks

The first medical appointment normally takes place between the 8th and 11th week of pregnancy.

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Other: _____

Advice from health care professional: _____

Prenatal screening (if applicable)

As of the 10th week

Date and time: _____

Location: _____

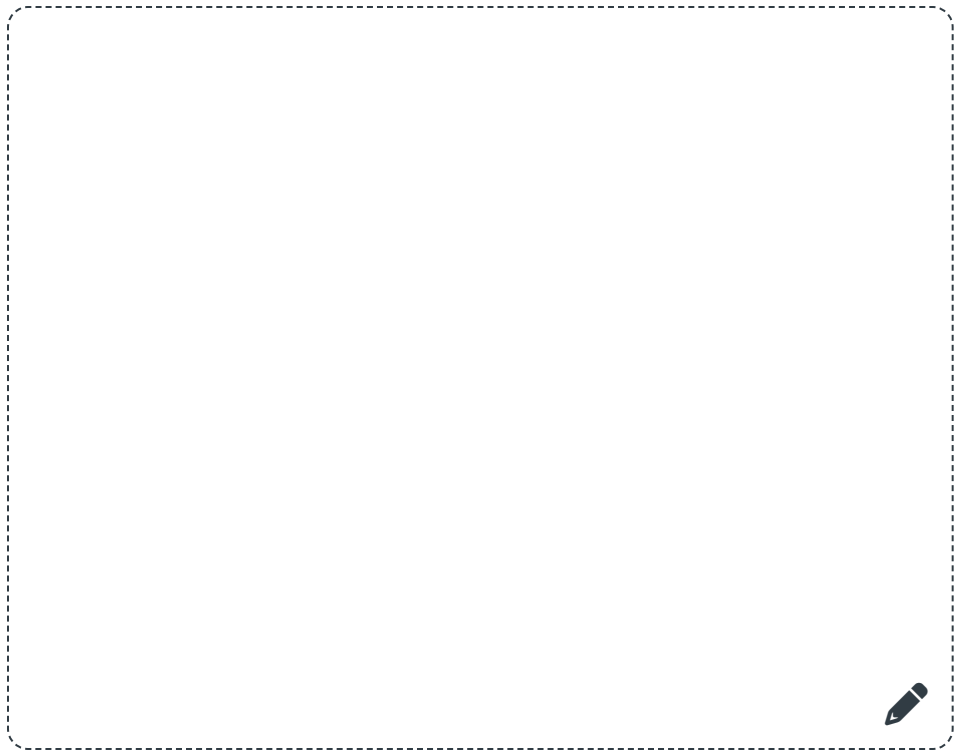
By the end of week 12, the risk of miscarriage is much lower. If you haven't already done so, you can start sharing your good news.

How are you doing?

This page is just for you. Write, draw, scribble . . . Express yourself however you want to!

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First trimester



15–19 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Second trimester

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

Amniocentesis (if applicable)

Between the 16th and 22nd week

Date and time: _____

Location: _____

Consult credible sources to learn about the pros and cons associated with the options you've been given. Don't hesitate to seek a second medical opinion if you have any doubts.

20–24 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

Amniocentesis (if applicable)

Between the 16th and 22nd week

Date and time: _____

Location: _____

Exercise is good for you and your baby, as long as you don't overdo it. You should be able to hold a conversation during your workout. If you can't, you're pushing yourself too hard.

25–28 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

There's nothing strange about talking to your baby throughout your pregnancy! At this stage, your baby is starting to hear sounds coming from outside your belly. They're also more sensitive to low-pitched sounds, such as a man's voice.

How are you doing?

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Second trimester



Pain relief during childbirth

Without a doubt, the most difficult aspect of childbirth is managing the pain. Looking into your options and thinking about how you want to manage your pain ahead of time will help you feel better prepared and in control. Other factors, such as your mental state, your energy levels, the position of the baby in your pelvis, and your health condition may also affect your perception of pain during labour.

Having continuous support during childbirth is associated with shorter labour, fewer medical interventions, reduced pain perception, decreased need for pain medication, and less anxiety.

The pain experienced during childbirth also varies widely from one woman to the next. For this reason, you should listen to your wants and needs and feel free to choose whatever method of pain relief you're most comfortable with.

Without medication

If you want to give birth without drugs, various methods of pain relief can be used, such as massage, bathing, ballooning, and relaxation and breathing techniques. However, the support you receive during childbirth plays a crucial role when it comes to pain management.

For this reason, make sure you can rely on the presence of your partner, a doula, or a loved one from the very first stages of labour. Your support person will see to your needs, offer comfort and reassurance, and help you communicate with your care team.

To learn more about methods of pain relief during childbirth that do not involve medication, **see our article on the topic:**

naitreetgrandir.com/withoutmedication



With medication

Hospitals usually have a variety of medications on hand to relieve pain during childbirth. These include narcotic analgesics, nitrous oxide, and epidurals. Barring any medical contraindications, you have the right to choose any pain relief method that is available to you. It's important to do your homework so you can make an informed decision.

You should also ask your health care provider for more information, since the methods available typically vary from one hospital to the next. Feel free to make whatever decision feels right for you; most importantly, know that you're allowed to change your mind. Note that pain relief medication is not available in birthing centres.

To learn more about the various methods of pain relief with medication available during childbirth, **see our article on the topic: naitreetgrandir.com/withmedication**



Learn more about . . .



Preterm labour and delivery

[naitreetgrandir.com/
pretermlabour](https://naitreetgrandir.com/pretermlabour)



Concerns of expecting fathers

[naitreetgrandir.com/
expectingfathers](https://naitreetgrandir.com/expectingfathers)



Multiple pregnancies

[naitreetgrandir.com/
multiplepregnancies](https://naitreetgrandir.com/multiplepregnancies)

Breastfeeding

Breast milk is adapted to meet your baby's needs, which means it is beneficial to their health and development. Breastfeeding also benefits the mother.

The World Health Organization and the Canadian Paediatric Society recommend that for the first six months of life, babies be breastfed exclusively.

You can keep breastfeeding until your child is aged 2 or older, as long as they also eat other foods. The longer you breastfeed exclusively, the greater the extent of certain health benefits.

Getting your partner involved can help tremendously with breastfeeding. For example, they can provide you with encouragement and support through tougher moments. They can help you feel more comfortable by bringing you a pillow, a glass of water, or a snack, bringing your baby to you during the night, changing your baby's diaper, etc. They can also help deflect any negative comments from family and friends who might be critical of breastfeeding.

Breastfeeding support

Breastfeeding can be challenging, especially in the early days. Learning to breastfeed and adjusting can take a while. If you have any concerns, don't hesitate to contact a certified lactation consultant (IBCLC), a breastfeeding support volunteer, or a breastfeeding support group.

Consult your CLSC to find out about the groups in your neighbourhood.

To get support over the phone

- > **Allaitement Québec**
418-623-0971 or 1-877-623-0971

To find a lactation consultant

- > **Association québécoise des consultant·es en lactation**
ibclc.qc.ca/en/accueil

To find a breastfeeding support volunteer

- > **Fédération Nourri-Source**
nourri-source.org/en

To find a breastfeeding support group

- > **Ligue La Leche**
1-866-ALLAITE
allaitement.ca (French only)
- > **Mouvement allaitement du Québec**
mouvementallaitement.org
(French only)

To learn more about mother's milk donations

- > **Héma-Québec**
hema-quebec.qc.ca/index.en.html

29–32 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

If you're worried because it feels like your baby is no longer moving, lie on your left side for two hours. You should feel your baby move at least six times. If not, call your birth location or go to the hospital.



33–36 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

When you see your baby for the first time, don't worry if it doesn't feel like "love at first sight." Over time, the love you have for your baby will grow as you care for and get to know them.



37 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Third trimester

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

Making a list of items your baby will need is a great way to prepare for their arrival. Don't be afraid to ask your friends and family if they have any items you might be able to borrow.



38 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Third trimester

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

As soon as your baby is born, they benefit from skin-to-skin contact. It allows them to feel your warmth, touch your skin, and smell your scent. These sensations trigger and facilitate certain innate behaviours, such as latching.



39 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Third trimester

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

*Rest, cook meals ahead of time,
and think about who might be able
to help you if you need a hand. This
will help you adjust to your new
reality when you come home with
your new baby.*



40 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

Sometimes, it can be difficult to tell the difference between real and false contractions. If you're unsure, call your birth location. They'll be able to help you determine whether labour has truly begun.



41-42 weeks

Medical checkup	Date	Time	Reason	✓

Comments, questions, and personal notes: _____

Third trimester

Weeks of pregnancy: _____ Blood pressure: _____

Fundal height: _____ Weight: _____

Baby's heartbeat: _____ Dilation: _____

Advice from health care professional: _____

It's normal for a baby to cry a lot. It's how they express their hunger, pain, boredom, tiredness, etc. Once your baby is born, make sure to respond to their cries quickly and calmly. It will make them feel safe and loved.



How are you doing?

This page is just for you. Write, draw, scribble . . . Express yourself however you want to!



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Third trimester

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What to pack for labour

1 Items for the mother

- Health insurance card and hospital card (if applicable)
- Birth plan
- List of medications (if applicable)
- Comfortable labour clothes (if you don't want to wear the hospital gown) and warm socks
- Dressing gown, sleepwear, and slippers
- Underwear
- Clothes for the trip home
- A maternity or nursing bra and nursing pads
- Large, extra-absorbent sanitary pads
- Toiletry kit: toothbrush, toothpaste, hairbrush, lip balm, etc.
- Tissues
- Snacks
- Cash for the vending machines, cafeteria, and parking meters
- Books, magazines, and a pencil and paper
- Cellphone and charger
- Your pregnancy guide, which contains a list of people to contact (p. 60)

2 Items for the baby

- Diapers and wet wipes
- Pyjamas and onesies
- Blankets
- Baby bonnet
- Weather-appropriate clothes for the trip home
- Infant car seat (mandatory for leaving the hospital)

3 Items for the other parent

- Sleepwear, a change of clothes, and a pillow (if planning to stay overnight)
- Food and drinks
- Books, magazines, and a pencil and paper
- Toiletry kit
- Cellphone and charger

Practical tools you can download: birth plan, contractions calculation tool, breastfeeding guide . . .

naitreetgrandir.com/tools-pregnancy

Important phone numbers

	Name	Phone
Birthing location		
CLSC		
Follow-up professional		
Doula		
Breastfeeding support group		
Certified lactation consultant (IBCLC)		
Family community organization		

Support from loved ones

Asking for and accepting help isn't always easy, but it can be very helpful both during pregnancy and after childbirth. By identifying the people who can help you, it will be easier to know who you can count on when you need support.

Practical and concrete support

Household chores, shopping,
parenting responsibilities,
and other tasks

Name: _____

Phone: _____

Name: _____

Phone: _____

Emotional support

Someone I can talk to, freely
share what I'm feeling, who will
listen without judgment

Name: _____

Phone: _____

Name: _____

Phone: _____

For more information (French only):

bit.ly/grande-course

Baby has arrived! The birth announcement

Name	Phone	Email

The fourth trimester

The first 12 weeks of your baby's life are known as the fourth trimester. This is a period of transition for you and your newborn, who needs a safe and loving environment to adjust to life outside the womb.

Some experts believe that nine months of pregnancy is not enough time to prepare a baby for the world. Because of how immature they are from a neurological perspective, your newborn is completely dependent on you. This explains the strong bond between a mother and her baby.

The fourth trimester is also a time when the mother is learning to adjust to her new role. In addition to learning new responsibilities, mothers experience major hormonal changes during this time and must recover from childbirth. The father or co-parent needs to adapt too. They'll react to the birth and to their new role in their own way.

To learn more about the fourth trimester and how to adjust, **see our article on the topic: naitreetgrandir.com/4th-trimester**



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