

### **Prenatal/Healthy Start Program**

All expectant parents are invited to attend these classes. A variety of topics are discussed relating to childbirth and growing as a family. Videos and other visual aids are used to present information. Classes and workshops are available in various locations throughout Grey and Bruce.

#### **For registration call your local Health Unit:**

- Durham .....369-3318 or 1-800-394-6643
- Owen Sound .....376-9420 or 1-800-263-3456
- Southampton .....797-2010 or 1-800-230-7719
- Walkerton .....881-1920 or 1-800-821-7714

### **Midwives Co-operative**

A registered midwife is a primary caregiver throughout pregnancy, labour, and the 6 weeks postpartum. You do not need a referral from a physician to obtain midwifery services and the service is fully funded by the Ministry of Health. Prenatal visits are 45 minutes long and you have a choice of birth setting; in your home or a hospital. Two registered midwives will attend your labour and delivery in the setting you have chosen. In postpartum, one midwife will remain with you for up to 4 hours after the birth and then once discharged and sent home, a midwife will visit you at 24 hours, day 3, day 5 and day 10 in your home. Visits from the 2nd to the 6th week will be at the clinic. For more information call 1-519-371-2886.

### **Parenting Information**

Group sessions and workshops are provided for parents throughout Bruce and Grey Counties. Contact your local Health Unit office for information.

# Book List

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## Breastfeeding and Nutrition

**Child of Mine: Feeding with love and good sense,**  
*by Ellyn Satter, R.D.*

**The Womanly Art of Breastfeeding, (5th ed.),**  
*by La Leche League*

## Communication

**Childbirth and Marriage,**  
*by Tracy Hotchner*

**The Dance of Anger,**  
*by Harriett Goldhor Lerner*

## Growth and Development and General Parenting

**Fatherhood Reclaimed,**  
*by Adrienne Burgess*

**Between Father and Child:  
How to Become the Father You Want to Be,**  
*by Levant and Kelly*

**How to Father,**  
*by Dr. James C. Dobson*

**How to Solve Your Child's Sleep Problems,**  
*by Dr. Richard Ferber M.D.*

**The Father's Almanac (Revised),**  
*by Sullivan, S. Adams*

**What to Expect the First Year,**  
*by Eisenberg et al*

**You and Your Baby,**  
*by Canadian Mother and Child*

**Your Baby and Child;  
New Edition: From Birth to age 5,**  
*by Penelope Leach*

## Loss

**When a Baby Dies,**  
*by Limbo and Wheeler*

**When Pregnancy Fails,**  
*by Susan Borg and Judith Lasker*

## Pregnancy and Childbirth

**Depression After Childbirth,**  
*by Katharina Dalton*

**How to be a Pregnant Father,**  
*by Peter Mayle*

**The Birth of a Father,**  
*by Cecilia Worth*

**The Birth Partner,**  
*by Penny Simkin*

**The Complete Book of Pregnancy and Childbirth,**  
*by Sheila Kitzinger*

**What to Expect When You're Expecting,**  
*by Eisenberg et al*

**When Men are Pregnant,**  
*by Gerrold Shapiro*

**Your Baby Your Way:  
Making Pregnancy Decisions and Birth Plans,**  
*by Sheila Kitzinger*

**Exercising Through your Pregnancy**  
*by James F. Clapp III, M.D.*

**The Mother of All Pregnancy Books**  
*by Ann Douglas*

**The Pregnancy Bible**  
*by J. Stone and K. Eddleman*  
Chapter 5 **Keeping Fit** *by M.F. Mottola*

# Definitions

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The following are some explanations of words used throughout the guide.

**Abdomen** - part of the body between the chest and pelvis; the “belly”.

**Abdominal** - around the abdomen.

**Alveoli** - a small sac-like part of the breast where breast milk is formed.

**Amniotic Fluid** - the fluid or “waters” inside the membrane that encloses the baby in the uterus.

**Amniotic Sac** - a thin membrane inside the uterus, which contains the “waters” and baby.

**Anus** - opening of the rectum through which stool pass.

**Areola** - the dark area that encircles the nipple of the breast.

**Bladder** - sac that holds urine.

**Bowel** - lower part of intestines; bowel movement (BM), stool expelled from bowel.

**Braxton-Hicks Contraction** - painless irregular contractions of the pregnant uterus. They begin in the first trimester and increase in frequency as the pregnancy advances. They may be more noticeable in the last few weeks and confused with the onset of labour.

**Breast** - mammary gland; structure that makes and contains breast milk -the best source of nutrition for baby.

**Cervix** - the bottom “neck” of the uterus; muscular; opens to allow passage of baby at birth.

**Colostrum** - fluid secreted by breast in pregnancy and first days after birth. Contains substances that prevent infection.

**Duct** - a tube found in the breast through which milk travels from cells, where it is made, to the nipple.

**Doppler** - the slang name of the machine used to hear baby’s heartbeat in the uterus.

**Dystocia** - difficult labour; abnormally slow progress of labour.

**Edema** - swelling of limbs from the gathering of fluid in tissue; may be prevented by keeping legs up in pregnancy and avoiding knee-high nylons. Exercise such as walking and swimming also prevents this from happening.

**EDC** - Expected Date of Confinement; the date the birth is expected; 40 weeks from the first day of your last menstrual period. This calculation is only an estimate.

**Embryo** - the term used to describe your baby from conception to end of the second month in the uterus. This is a time of rapid growth and development.

**Estrogen** - a female hormone produced by the ovaries and by the placenta in pregnancy.

**Fallopian Tube** - two tubes in females that serve as a passage for the ovum from the ovary to the uterus.

**Fetal** - refers to the unborn baby.

**Fetal Heart Rate (FHR)** - the number of heartbeats in one minute. FHR is between 100 and 160 in a normal baby in the third trimester.

**Fetus** - the term used to describe the baby from nine weeks after fertilization until birth.

**Focal Point** - an object you concentrate on to aid relaxation and quiet the mind.

**Fundus** - the top of the uterus.

**Fundal Height** - the measurement in centimeters from the pubic bone to the top of the uterus, used to assess gestational age.

**Gestation** - the length of pregnancy; having to do with pregnancy.

**Gestational Age** - the number of complete weeks of fetal development, calculated from the first day of the last normal menstrual cycle.

**Gingivitis** - red, swollen or bleeding gums.

**HCG** - Human Chorionic Gonadotropin - a hormone made by the placenta. It is excreted in the urine of the mother and makes pregnancy tests positive.

**Hemoglobin** - The part of red blood cells that carries oxygen to the cells.

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**Hemorrhoid** - swollen vein in rectum or around anus causing pain, itching or bleeding; often associated with constipation.

**Malaise** - a vague feeling of bodily weakness or discomfort.

**Organ** - a part of the body that does a specific job; eg., the heart pumps blood.

**Ovary** - female organ that releases eggs and makes hormones.

**Ovulation** - the release of an egg from the ovary approximately 14 days after the first day of the last menstrual period.

**Pelvis** - the bony structure, shaped like a basin that supports the spine and rests on the lower limbs. It supports and protects the baby during pregnancy. The baby passes through the pelvis during birth.

**Perinatal** - involves the time before, during and immediately after birth (usually 20 weeks of pregnancy to 28 days after birth).

**Placenta** - the organ inside the uterus that acts as a lifeline from mother to baby. It begins to form the eighth day after fertilization and continues to develop during the pregnancy; after the baby is born the placenta and amniotic sac are called the afterbirth.

**Postpartum** - after giving birth.

**Prenatal** - during the course of pregnancy and before birth.

**Pre-eclampsia** - a condition that may occur in pregnancy after the 24th week; involves high blood pressure and edema.

**Progesterone** - a hormone found in the female body.

**Rectum** - lower five inches of the bowel.

**Striae** - a streak that often occurs in pregnancy because of rapid skin growth; also called a stretch mark.

**STDs** - Sexually Transmitted Diseases are diseases like AIDS, chlamydia, syphilis, gonorrhea and herpes. They are diseases you can catch while having sex. Some STDs are transmitted through infected needles and syringes of drug users.

**Symphysis Pubis** - a joint formed by the union of the pelvic bones and is located at the front of the pelvis.

**Toxemia** - a disorder in the last trimester of pregnancy characterized by high blood pressure, edema and protein in the urine.

**Trimester** - a three month period of time. The pregnancy is divided into 3 trimesters.

**Ultrasound** - a test using sound waves that shows images of the fetus in the uterus.

**Umbilical Cord** - a flexible tube surrounding arteries and a vein that extends from the placenta to the baby's abdomen.

**Urethra** - the opening where urine leaves the body.

**Urine** - waste product secreted by kidneys and stored in the bladder.

**Uterus** - sac of muscles where baby grows during pregnancy; "womb".

**Vagina** - passage leading from the uterus to the outside of the woman's body; "birth canal".

# Let's GROW...

## Features include:

- 12 issues of "Let's Grow" mailed to parents at scheduled intervals between the ages of 0 - 5 years of age. Each issue is packed with what you want to know to give your family and baby the best start in life.

**BONUS:** Contains a pullout section with a growth and development checklist, activity guide, and MAGNET to display them on your fridge.

- A parent information line: 1-800-265-3729 which links you to information, resource centers, parenting groups, health services and support programs.
- Access to a system of services for young families. e.g. assessment and home visiting, infant development programs, preschool services, daycare.

Registration for this program will take place following the birth of your child in the hospital or by calling:

**1-800-263-3456**

**or 376-9420**



## Congratulations to your growing family

You've entered a new stage in life that is both exciting and challenging.

The first 3 years of your child's life helps determine their future health and success. Nurturing and stimulation from parents is directly related to a child's ability to reach full potential.

The Grey Bruce Health Unit and the Ministry of Community and Social Services, in partnership with other agencies in Grey and Bruce provide information, resources and services to assist parents in the early years of their child's life. We call this program "Let's Grow". It is provided free of charge.

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## Common Parenting Questions...

**Nitrate Water Sampling** - (well water only) what does it have to do with "Blue Baby Syndrome"?  
- does your water need to be tested?

**call your local Public Health Inspector**

**Early Childhood Tooth Decay** - what causes it?  
- how can it be prevented?

**ask your dentist, or talk to a dental educator at the Health Unit**

**Fluoride Supplements** - are they really necessary?  
- who should receive them? - what happens if a child gets too much fluoride?

**ask your dentist**

**Equipment Safety** - how do you know if a second-hand crib meets safety standards? - what are the dangers of using a playpen?

**contact your local Health Unit for equipment safety standards**

**Play and Toys** - what toys provide the best play value? - what types of games can you play with your newborn?

**Look for the Canadian Toy Testing Council's Toy Report in your library or bookstore, ask other parents, or contact an Infant Development Worker at Community Living**