**Health Care Professionals that can Help you Through your Pregnancy:**

*Public Health Nurses:* Provide care for people during pregnancy and after birth.

*Family Doctors:* Care for pregnant people, babies, and families. Some may deliver the baby.

*Obstetricians:* Care for people during pregnancy, labor, and birth. They just look after you, not that baby.

*Midwives:* Provide care for people with low-risk pregnancies and births. They could deliver your baby at home, in the hospital or birthing center.

*Nurse Practitioners:* Care for people with low-risk pregnancies, babies, and families. They provide ongoing care for you and your baby. However, they are not usually there during labor and birth.

*Doulas:* Provide support and care to people during and after the birth. They do come at a cost and do not provide medical care. They are there for mindfulness.

*Lactation Consultant:* Breastfeeding can be difficult. They are here to support and teach about breastfeeding.

**Prenatal Visits:**

Once the pregnancy is confirmed, prenatal appointments should begin with your chosen health care professional.

Regular checkups ensure that you and baby are healthy throughout the pregnancy.

During the appointment your health care provider may:

* Ask about your health before you were pregnant,
* Ask about your health now during pregnancy,
* Check your weight,
* Check your blood pressure,
* Listen to baby’s heart rate,
* Measure the growth of your uterus,
* Address any questions or concerns you may have.

After your first visit you will usually meet with your health care provider:

* Once a month until 28 weeks,
* Every two weeks until 36 weeks,
* And then weekly until birth.

**Support:**

Pregnancy changes so many parts of your life. It is important that you have someone to talk to and rely on during this time.

Having someone to talk to, help you to and from appointments, helping prepare for the baby, or even helping after the baby is born can help relieve some of the stress you may have.

Think about those in your life who you feel comfortable sharing with and can trust. This could be a friend, family member, partner, colleague, or a neighbor.

Group programs are also an option for finding support, information, and resources.

Every location does have varying resources.

Having people to talk to that are going through a similar situation is helpful.

**Group Programs:**

*Prenatal Classes:* Your local community health office, hospital, or health center may offer programs or classes regarding pregnancy. These programs and classes can pertain to breastfeeding, healthy pregnancy, and/or birthing.

*Pregnancy Support Programs:* There are drop-in programs for new parents and pregnant people out there. Some provide affordable supplies and other information. These are usually free when you sign up.

*Support at Home:* Community Health Nurses offer the Healthy Beginnings Program. This is something that they will ask you about when they call a few days after you have been discharged after giving birth.

**There are group programs included in this pregnancy package for you!**

**Sexual Health Questions? We have Answers!**

**Location:**

47 St. Clare Ave

St. John’s, NL

**Hours:**

Monday: 9am – 4:30pm

Tuesday: 9am – 4:30pm

Wednesday: 9am – 4:30pm

Thursday: 12pm – 7pm

Friday: 9am – 4:30pm

**Phone:**

579-1009

Toll free 1-877-NO MYTHS

(1-877-666-9847)

**Website:**

www.plannedparenthoodnlshc.com

**Email:**

pp.nlshc@gmail.com

**This information was gathered from the Government of Newfoundland and Labrador’s website. For more information please visit:** [**https://www.gov.nl.ca/education/files/HealthyStartForBabyAndMe\_Final\_May2020.pdf**](https://www.gov.nl.ca/education/files/HealthyStartForBabyAndMe_Final_May2020.pdf)

**Pregnancy Package:**

**Prenatal Care**

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