

We feel privileged to be involved in your pregnancy care and the birth of your baby. Our team is a group of physicians, nurse practitioners, obstetrical nurses, medical office assistants and office staff dedicated to comprehensive prenatal care. During your time at our clinic, you may also meet medical students, residents and nursing students. In addition to providing care during and after your pregnancy, our clinic offers additional services, including breastfeeding support and circumcision. Our goal is for you to enjoy a safe pregnancy that leads to a healthy mother, baby and family. We have four individual low risk clinics under one roof (Grace Maternal Child, Sunnyside Maternal Clinic, NorthWest Maternity Clinic or Low Risk Maternity Clinic). Please note which clinic you have been assigned to.

Our routines in the clinic have changed substantially since the COVID-19 outbreak. We ask for your patience and understanding as our clinic routines are subject to change with updated AHS guidelines. Please **DO NOT** come to the clinic if you have any cough, cold symptoms and/or fever without calling us first. (see phone #'s below)

Your emotional health is just as important as your physical health. During your care, we routinely screen for anxiety and depression. You will also be asked to provide a history of experiences from your childhood (an ACE score) that can affect your emotional and physical health today. This will help us better understand you and your health care needs. We hope this information will identify resources that may be helpful to you as a parent.

### Additional services:

As part of the Calgary Foothills Primary Care Network, all patients have access to additional network services. Please talk to your nurse or doctor during your appointments to access any of these providers:

- Mental health consultant (One Step at a Time Counselling)
- Community social worker
- Physician lactation consultants
- Other network programs

### Resources:

- **Books “Pregnancy and Birth” and “The Early Years,” (2<sup>nd</sup> ed.)** provided by Alberta Health Services. They are an excellent source of information in pregnancy and post partum. Common topics and page numbers are listed on the back of this sheet. Online version available at [healthyparentshealthychildren.ca](http://healthyparentshealthychildren.ca). You can download the full book under ‘Resources’ on this site.
- **Prenatal classes** are offered through Alberta Health Services, please call 403-955-1450 or visit [birthandbabies.com](http://birthandbabies.com).
- **Safety of products and medications** in pregnancy and breastfeeding, visit [MothertoBaby.org](http://MothertoBaby.org) for information, to email an expert or to ‘chat live’ with an expert *and/or* google search **“pregnancy and breastfeeding pocket guide”** (on the Chu-Sainte Justine website).
- For **videos, resources and answers to common questions**, visit [cfpcn.ca](http://cfpcn.ca) and click on “Visit our Maternity Clinic”.

### Questions:

- If you have any questions or non-urgent concerns, you can call the clinic Monday to Friday, 8 a.m. – 12 p.m. and 1 p.m. – 4 p.m. Ask to speak with a nurse.  
Please use the following numbers:

NorthWest Clinic	403 284-3711 ext 2
Grace Maternal Child	403 284-3711 ext 3
LowRisk Clinic	403 284-3711 ext 4
Sunnyside Clinic	403 284-3711 ext 5
- If you are **less than 12 weeks** and have an urgent concern, please call Health Link at 811 and arrangements may be made for you to see a doctor at Access 365 Clinic, the maternity clinic or the emergency department.
- If you are **more than 12 weeks** and have an urgent concern, you can go to the Labour and Delivery unit on the 5<sup>th</sup> floor of the Foothills Hospital (Unit 51) 24-hours-a-day.
- In the event of an **EMERGENCY** please present to the nearest hospital as soon as possible, or call an ambulance.

We look forward to getting to know you!

## Common Topics from Healthy Parents, Healthy Children Books 2<sup>nd</sup> ed

<b>Pregnancy and Birth Book</b>	<b>Page #</b>
Food Safety	38
Weight Gain	26
Physical Activity Guidelines	44
Seatbelt Safety	79
Travel	77
Changes in 1 <sup>st</sup> trimester	90
Common Discomforts 1 <sup>st</sup> trimester	96
Changes in 2 <sup>nd</sup> trimester	111
Common Discomforts 2 <sup>nd</sup> trimester	118
Changes in 3 <sup>rd</sup> trimester	144
Common Discomforts in 3 <sup>rd</sup> trimester	150
Maternal and Parental Leave	129
Packing list for hospital stay	159
When to go to hospital	169
Postpartum discomforts	230
Needs & Feelings of New Parents	244
Breastfeeding problems	273
Storing/thawing breastmilk	297
Car Seat Safety	222
<b>The Early Years Book</b>	<b>Page #</b>
Burping baby	204
Sterilizing feeding equipment	191
Breastfeeding Challenges	176
Supplementing	187
Storing breastmilk	170
Preparing Infant Formula	194
Understanding Newborns	210
Jaundice	253
Things to watch for in Newborns	253
Sleep Safety for Babies	218
When baby cries	229
Head shape/Tummy time	224
Bathing	233
Dressing baby	239
Taking Care of Yourselves	258
Immunization (Vaccines)	82
Car Seat Safety	123