

Goal

- To increase awareness about the effects of substance use and environmental exposures on pregnancy and the growing baby.

Objectives

By the end of the module, participants will be able to describe:

- Reasons why it is important to limit exposures to toxins and substances during pregnancy.
- Risks of smoking, second-hand smoke, cannabis, alcohol, drugs, medications and herbal products during pregnancy.
- Potential hazards in the environment that can affect pregnancy and the unborn baby.
- At least five practical ways to minimize exposures to potential hazards.

Outline (60-70 minutes)

1. Introductions and housekeeping.
2. Substances and pregnancy.
3. Hidden exposures and helpful tips.
4. Exposures at work.
5. Where to get additional information.

Materials

- Laptop/computer and projector.
- Ingredients, pitcher and cups for one Mocktail recipe taken from *Mocktails for Moms* brochure.
- Fetal Development Chart, Childbirth Graphics (optional).
- Paper plates and popsicle sticks for Fact or Fiction – Environmental Exposures activity (if desired).

Handouts

- *Healthy Beginnings*, (5th edition) or *A Healthy Start for Baby and Me* (2016), from the Best Start Resource Centre¹
- *Education Key Messages* PDFs, from the Best Start Resource Centre:
<http://www.ontarioprenataleducation.ca/key-messages/>
 - Healthy Eating and Weight Gain
 - Alcohol
 - Smoking
 - Medications and Drugs
 - Safety during Pregnancy
- *A smoke-free environment for your children* (2010), from the Best Start Resource Centre
- *Be Safe: Have an alcohol-free pregnancy* (2012), from the Best Start Resource Centre

¹ Unless provided previously to participants.

- *Information on Second and Third-hand Smoke* (2010), from the Best Start Resource Centre
- *Mixing Alcohol and Breastfeeding* (2016), from the Best Start Resource Centre
- *Mocktails for Mom* (2011), from the Best Start Resource Centre
- *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting* (2017), from the Best Start Resource Centre
- *Work a Pregnancy Do Mix* (2011), from the Best Start Resource Centre
- *Creating Healthy Environments for KIDS* (2011), from the Canadian Partnership for Children's Health & Environment
- *Playing it Safe: Fragrances* (2013), from the Canadian Partnership for Children's Health & Environment
- *Hidden Exposures: Informing pregnant women and families about harmful environmental exposures* (2009), from Toronto Public Health

Websites

- Canadian Partnership for Children's Health and Environment (CPCHE) www.healthyenvironmentforkids.ca
- Expecting to Quit www.expectingtoquit.ca
- Motherisk www.motherisk.org
- Pregnets www.pregnets.org
- Smoker's Helpline www.smokershelpline.ca
- Workers Health and Safety Centre www.whsc.on.ca

Apps

- Mom and Baby to Be
<https://itunes.apple.com/app/mom-and-baby-to-be/id560579312?mt=8>
- OMama
 - Google Play <https://play.google.com/store/apps/details?id=com.omama.mobileapp>
 - iTunes <https://itunes.apple.com/ca/app/omama/id1066408682?mt=8>

Video Suggestions

- *Creating a Smoke-Free Environment for your Children*, Best Start Resource Centre, 2010.
<http://www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=N02-Ev>
<http://www.youtube.com/watch?v=QPvkCEFUFn8>
- Canadian Partnership for Children's Health and Environment (CPCHE). *Creating Healthy Home Environments for Kids: Top 5 Tips*, 2012.
www.healthyenvironmentforkids.ca/resources/creating-healthy-home-environments-kids-top-5-tips

References

- Best Start Resource Centre. (2017). *Prenatal Education: Key Messages for Ontario*. Toronto, Canada: Author.
- Canadian Partnership for Children's Health & Environment. (2010). *Advancing Environmental Health in Child Care Settings: A Checklist for Child Care Practitioners and Public Health Inspectors*. Ottawa, Canada: Author.
- Canadian Partnership for Children's Health & Environment. (2011). *Creating Healthy Environments for Kids*. Ottawa, Canada: Author.
- Canadian Partnership for Children's Health & Environment. (2010). *Focus on BPA: Statement of Health and Environmental Organizations on Endocrine Disrupting Chemicals*. Ottawa, Canada: Author.
- Gue, L. (2010). *What's Inside? That Counts: A survey of toxic ingredients in our cosmetics*. Vancouver, Canada: David Suzuki Foundation.
- Society of Obstetricians and Gynaecologists of Canada. (2010). *Alcohol Use and Pregnancy Consensus Clinical Guidelines*. Ottawa, Canada: Author.
- Society of Obstetricians and Gynaecologists of Canada & Best Start Resource Centre. (2017). *Healthy beginnings: Giving your baby the best start from preconception to birth* (5th ed.). Mississauga, Canada: Wiley.
- Toronto Public Health. (2009). *Hidden Exposures: Informing pregnant women and families about harmful environmental exposures*. Toronto, Canada: Author.

Fact or Fiction – Environmental Exposures

Time: 10 minutes

Teaching Method: True or False activity in large group with brief lecture.

Purpose: To review common environmental exposures and clarify any myths or misconceptions.

Materials: Paper plates with the words “Fact” written on one side and “Fiction” written on the other. May attach a handle if desired (popsicle stick, etc.)

Instructions:

The prenatal educator asks the following questions to review common environmental exposures and learners decide if they think it is fact or fiction. The prenatal educator can then clarify further research and info for any questions some participants didn't guess accurately.

1. Your health BEFORE pregnancy can affect your baby. (True)
2. If there are renovations done in the home to welcome baby, pregnant people should avoid the dust from these renovations. (True)
3. Commercially available cleaning products have passed approvals and aren't that harmful. (False)
4. The time of greatest sensitivity to environmental contaminants is likely in the womb. (True)
5. My job doesn't really impact my unborn baby. (False)
6. My doctor said that it is more harmful to stop smoking suddenly than to continue while pregnant. (False)
7. If a product was bad for me, the government wouldn't allow it to be sold. (False)
8. We know that many chemicals are found in common household cleaners and products that seem to affect unborn babies, but we're unclear as to the exact effects as there are many other factors that may come into play. (True)
9. I can make one small change each month for a year and will have made 12 new lifestyle changes to improve mine and my family's health after one year. (True)