

## Goal

To increase awareness about the importance of regular prenatal care and its role in a healthy pregnancy.

## Objectives

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

- At least one reason why regular prenatal care is important for both mother and baby.
- Some of the common prenatal tests/procedures.
- What is required to make informed choices.
- Where they can access prenatal information, resources and services in their community to make informed choices.

## Outline (60 – 75 minutes)

- 1) Introductions and housekeeping
- 2) Icebreaker/Activity
- 3) Importance of prenatal care
- 4) Prenatal Tests and procedures – getting the information you need to make an informed choice
- 5) Additional resources

## Special Equipment

- Laptop/computer and projector.
- Sample magazines for Media Watch activity, if available.

## Handouts

- *Healthy Beginnings*, (5th edition) or *A Healthy Start for Baby and Me* (2016) \*
- Best Start Resource Centre. *Routine Prenatal Care Key Messages* PDF, available at [www.ontarioprenataleducation.ca/routine-prenatal-care/](http://www.ontarioprenataleducation.ca/routine-prenatal-care/)

## References

Butt, K., & Lim, K. (2014). Society of Obstetricians and Gynaecologists of Canada (SOGC) Clinical Practice Guideline No. 303: Determination of Gestational Age by Ultrasound. *Journal of Obstetrics and Gynaecology Canada*, 36(2), 171-181.

Mount Sinai Hospital. (2008). For women and their families: A guide to understanding prenatal screening tests for Down Syndrome, Trisomy 18 and Neural Tube Defects. Retrieved from [www.mountsinai.on.ca/care/family-medicine-genetics-program/resources/prenatal\\_screening2008.pdf](http://www.mountsinai.on.ca/care/family-medicine-genetics-program/resources/prenatal_screening2008.pdf)

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\* Unless provided previously to participants

Public Agency of Canada. (2010, 2016). *Canada communicable disease report*. Retrieved from [www.phac-aspc.gc.ca/publicat/ccdr-rmtc/index-eng.php](http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/index-eng.php)

Simkin, P., Whalley, J., Keppler, A., Durham, J., & Bolding, A. (2010). *Pregnancy, childbirth and the newborn: The complete guide* (4<sup>th</sup> ed.) . Minnetonka, MN: Meadowbrook Press.

Society of Obstetricians and Gynaecologists of Canada & Best Start Resource Centre. (2009). *Healthy beginnings: Giving your baby the best start from preconception to birth* (4th ed.). Mississauga, Canada: Wiley.

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