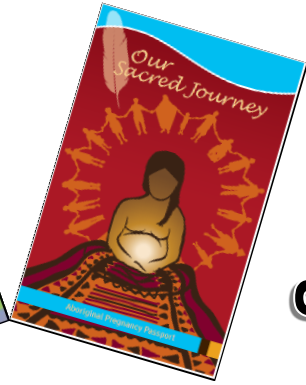


Pregnancy Passport

A companion to Baby's Best Chance. Provided by the **Perinatal Services BC**, an agency of the Provincial Health Services Authority. The passport is a booklet to support women in having a healthy pregnancy, tracking their progress and preparing for baby.

<http://www.perinatalservicesbc.ca/health-professionals/professional-resources/health-promo/pregnancy-passport>



HealthlinkBC—

- **Learning about pregnancy:**
<https://www.healthlinkbc.ca/health-topics/hw197814#hw197816>
- **Preparing for a healthy pregnancy:**
<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw195050#hw195050-sec>
- **Body changes during pregnancy:**
<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw197814#aa88889>
- **Additional Resources:**
<https://www.healthyfamiliesbc.ca/about-us/additional-resources>



Photo credit: Thomas van Ardenne via Visual Hunt / CC BY-NC-ND



Photo credit: BrownGuacamole via Visualhunt.com / CC BY-ND

Optional genetic screening:

Read FAQs and better understand screening and options. A decision aid may help you decide whether screening is important for you.

<http://www.perinatalservicesbc.ca/our-services/screening-programs/prenatal-genetic-screening-program>

Travel During Pregnancy:

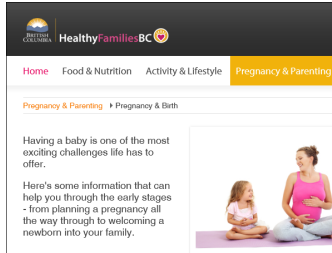
Tips to consider when travelling by car or air. Learn when not to travel by plane.

<https://www.healthlinkbc.ca/health-topics/hw194989>



Society of Obstetricians and Gynecologists of Canada Women’s Health Information includes useful resources on pregnancy, labour, and Delivery. <https://sogc.org/publications-resources/public-information-pamphlets.html>

or call: 1-800-561-2416



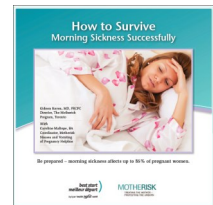
Healthy Families: This website is filled with up-to-date and practical information, useful tools and resources for women, expectant parents, and families: <https://www.healthyfamiliesbc.ca/home/articles/topic/pregnancy-birth>

Healthy Pregnancy-Healthy Canada—a website provided by the Government of Canada. This site includes resources on healthy eating and a healthy pregnancy. <https://www.canada.ca/en/health-canada/services/healthy-living/healthy-pregnancy.html>

A Healthy Pregnancy—information provided by the Public Health Agency of Canada. This site includes the Healthy Pregnancy Calendar, the Healthy Pregnancy Quiz as well as links and resources. Call (604) 666-2083 <http://www.phac-aspc.gc.ca/hp-gs/quiz/quiz-eng.php>

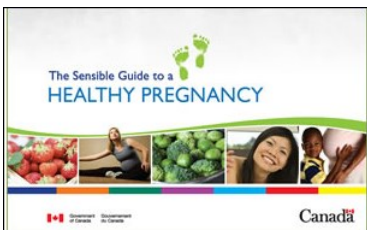
Mother Risk: Nausea and Vomiting in Pregnancy Helpline: 1-800-436-8477 Mon-Fri, 5 am-5pm. Provides information on “morning sickness” and how to treat it.

http://www.beststart.org/resources/rep_health/2013_pdfs/BSRC_morning_sickness_online.pdf



Medications and supplements in pregnancy website: http://www.motherisk.org/prof/updatesDetail.jsp?content_id=690

Pregnancy & Dental Health: <http://www.healthlinkbc.ca/healthfiles/hfile38b.stm>



The Sensible Guide to a Healthy Pregnancy: Includes a ten-month pregnancy calendar to help you keep track. The guide also includes important facts and FAQs related to a healthy pregnancy including prenatal nutrition, physical activity, oral health and emotional health.

<http://www.phac-aspc.gc.ca/hp-gs/guide-eng.php>