

WEBSITES:

for those planning a pregnancy, pregnant women and their support persons



PREGNANCY

Best Chance	www.bestchance.gov.bc.ca
Best Start	www.beststart.org/resources/index.html
Breastfeeding Inc.	www.breastfeedinginc.ca
Health Canada Healthy Pregnancy	www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php
Health Link Information	www.healthlinkbc.ca/healthfiles/bilingua 
Healthy Canadians	www.healthycanadians.ca
Life with a new baby	www.lifewithnewbaby.ca
March of Dimes	www.marchofdimes.com
Region of Waterloo Public Health	http://chd.region.waterloo.on.ca/en/childfamilyhealth/beforethebabyisborn.asp
Society of Obstetricians and Gynecologists of Canada	www.sogc.org
SPIRAL Information	http://spiral.tufts.edu/ 
Zero to Three	www.zerotothree.org
New Parent Resource Guide	www.parentguide.ca/waterloo



ACTIVE LIVING	
Benefits of Physical Activity During and After Pregnancy	www.healthyalberta.com/ActiveLiving/875.htm
Canadian Guidelines for Physical Activity in Pregnancy	www.csep.ca/english/view.asp?x=698
Canadian Physical Activity Guidelines	www.csep.ca/guidelines
Physical Activity—General	www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php
Exercise and Pregnancy	www.womenscollegehospital.ca/programs/program147.html

COMMUNITY INFORMATION	
211 Ontario	www.211Ontario.ca
Community Information from the Social Planning Council of the Region of Waterloo	http://www.waterlooregion.org/content/get-informed
New Parent Resource Guide	www.parentguide.ca/waterloo



FAMILY PLANNING & SEXUALITY	
Sexuality and You	www.sexualityandu.ca
Spiderbytes	www.spiderbytes.ca


FIND A FAMILY PHYSICIAN	
Health Care Connect	www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx


HEALTHY ENVIRONMENTS	
Best Start	www.beststart.org/resources/env_action/index.html
Canadian Partnership for Children's Health & Environment	www.healthyenvironmentforkids.ca



HEALTHY LIFESTYLES	
Centre for Addiction and Mental Health	www.camh.net
EatRight Ontario	www.Ontario.ca/EatRight
Motherisk	www.motherisk.org/women
Smoking: Pregnets	www.pregnets.org
Organization of Tetrology Information Specialists (OTIS)	www.otispregnancy.org/otis-fact-sheets-s13037
Be Safe – Have an Alcohol-free Pregnancy	www.alcoholfreepregnancy.ca
Expecting to Quit	www.expectingtoquit.ca

LEGAL ISSUES	
Your Legal Rights Now	http://yourlegalrights.on.ca 
Family Law Education for Women Resources	www.onefamilylaw.ca 

MENTAL HEALTH	
Canadian Mental Health Association	www.cmha.ca
Canadian Mental Health Association Resources	www.cmha.ca/bins/content_page.asp?cid=4-42-211 
Centre for Addiction and Mental Health	www.camh.net
Here to Help	www.heretohelp.bc.ca
Here to Help Resources	www.heretohelp.bc.ca/other-languages 
K-W Counselling Services	www.kwcounselling.com
Mosaic Counselling & Family Services	www.mosaiconline.ca

NEWCOMERS	
A Guide to Community Resources	www.kdchc.org
Kitchener-Waterloo Multicultural Centre	www.kwmc.on.ca
Newcomers to Waterloo Region	www.newwr.ca 
Settlement.Org	www.settlement.org
YMCA Cross Cultural & Immigrant Services	www.ymcaimmigrantservices.ca/en/index.asp

NUTRITION	
Canada's Food Guide Resource	www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php 
EatRight Ontario	www.Ontario.ca/EatRight
Guide to Eating Ontario Sport Fish	www.ene.gov.on.ca/environment/en/mapping/sportfish/index.htm
Health Canada	www.hc-sc.gc.ca/fn-an/nutrition/prenatal/index-eng.php

PARENTING	
24 Hour Cribside Assistance – A Manual for New Dads	www.newdadmanual.ca
Canadian Father Involvement Initiative	www.cfii.ca
Canadian Pediatric Society – Caring for Kids	www.caringforkids.cps.ca
Caring for You and Your Baby	http://you-and-your-baby.cpha.ca 
Dads Today	www.dadstoday.org
Early Years Centres	www.earlyyearsinfo.ca
Encyclopedia on Early Childhood Development	www.child-encyclopedia.com
Hospital for Sick Children	www.aboutkidshealth.ca 
Life With a New Baby: Dealing with Postpartum Mood Disorders	www.youtube.com/user/healthnexusante#p/u
New Parent Resource Guide	www.parentguide.ca/waterloo
Parents Matter	www.parentsmatter.ca
Region of Waterloo Public Health	www.regionofwaterloo.ca/ph
Zero to Three	www.zerotothree.org


PRECONCEPTION

Best Start Health Before Pregnancy	www.healthbeforepregnancy.ca
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SAFETY

Canadian Foundation for the Study of SIDS	www.sidscanada.org
Health Canada Consumer Product Safety	www.hc-sc.gc.ca/cps-spc/index-eng.php
Healthy Canadians	www.healthycanadians.ca
Please Be Seated Car Seat Safety	www.regionofwaterloo.ca/carseatsafety
Ontario Poison Centre	www.ontariopoisoncentre.com/ontariopoisoncentre
Safe & Secure Car Seat Safety	www.mto.gov.on.ca/english/safety/carseat/choose.shtml
Safe Kids Canada	www.safekidscanada.ca

VIOLENCE

Assaulted Women's Helpline	www.awhl.org 
Canadian Centre for Victims of Torture	www.ccv.t.org
Family Violence Project of Waterloo Region	www.fvpwaterloo.ca
Muslim Family Safety Project Resources	www.lfcc.on.ca/MFSP_pamphlet.html 
Neighbours, Friends, and Families	www.neighboursfriendsandfamilies.ca
Ontario Women's Directorate	www.citizenship.gov.on.ca/owd/english/women/need.shtml
Shelternet Information	www.shelternet.ca 
Women's Crisis Services of Waterloo Region	www.wcswr.org

WORK AND PREGNANCY

Canadian Centre for Occupational Health and Safety	www.ccohs.ca
Maternity/Paternity Leave Benefits, Child Tax Benefits	www.servicecanada.gc.ca/eng/lifeevents/baby.shtml
National Institute for Occupational Safety and Health	www.cdc.gov/niosh/topics/repro
Occupational Health Clinics for Ontario Workers	www.ohcow.on.ca
Ontario Human Rights Commission	www.ohrc.on.ca
Project Health	www.projecthealth.ca

Websites have been reviewed for accuracy as of February 6, 2012

Medical information from the internet should never act as a substitute for expert medical advice. The internet can be a useful source of information and resources but this information, like any media, must be evaluated critically before being accepted or acted upon. Contact your health care provider for more information.

Scan this code to access the website listing online.

http://chd.region.waterloo.on.ca/en/childFamilyHealth/resources/Websites_Pregnancy.pdf

