



Prenatal programs



You can learn **very important** information at prenatal classes.

Pregnancy

- healthy foods to eat and how much food to eat
- what to do if you can't drink milk or if you are a vegetarian
- problems that pregnant women might have
- when to call the doctor
- rights of pregnant women
- baby supplies to get



Labour and birth

- signs of labour
- types of medicine for labour
- how to prepare for labour and birth



After the baby is born

- how to breastfeed
- how to take care of your baby
- how to use infant car seats
- how to plan for your next baby



Find a program

☞ Call **Health Link Alberta**. You can call 24 hours a day. A nurse can tell you about prenatal programs near you.
In Calgary: 403-943-5465
In Edmonton: 780-408-5465
Other areas:
1-866-408-5465 (free)

☞ You can also ask a doctor, midwife or nurse.

Special programs

Some communities have prenatal programs for teens, immigrant women, and women with low incomes.

Best Beginning (Calgary):
403-228-8221

Health for Two (Edmonton):
780-735-3047

Multicultural Health Brokers
(Edmonton): 780-423-1973

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