

Dr. E. Earl, Dr. S. Earl, Dr. R. Gingell, Dr. K. Kaphengst,
Dr. K. Luce, Dr. M. Taylor
519-570-1655

EXPECTANT MOTHERS/PARENTS INFORMATION SHEET

BOOKS TO USE AS REFERENCES WHEN YOU ARE PREGNANT:

- What to expect when you are expecting (Author: HEIDI MURKOFF)

WEBSITES TO REFER TO DURING PREGNANCY:

- cfpc.ca/Pregnancy/ (Pregnancy, taking care of you and your baby)
- www.sogc.org (Society of Obstetricians and Gynecologists of Canada (section of Women's Health Information))
- www.pregnancyinfo.ca (Check out vaccine section)
- www.whattoexpect.com
- <https://prenatalscreeningontario.ca/>
- www.regionofwaterloo.ca/onlineprenatal (Free online Prenatal Program – request access code at : onlineprenatal@regionofwaterloo.ca)

WEBSITES TO REFER TO FOR BREASTFEEDING INFORMATION:

- Google: Waterloo Region of Public Health – click on “Healthy Information” then “Health Information by topic” then “Healthy Babies Healthy Children”
- Google: K-W PMBA – Parents of multiple births association

PREREGISTER at GRAND RIVER HOSPITAL

*Childbirth Registration Forms – grhosp.on.ca/care/services-departments/childbirth/before-your-baby-is-born

*Virtual Tours of Grand River Hospital Childbirth Centre – youtube.com Search: GRH pre-birth virtual tour