

Dr. Eric Earl, Dr. Samantha Earl, Dr. Ivan Jagas,  
Dr. Karla Kaphengst, Dr. Sreevidya Racherla

Greenbrook Family Medical Centre

421 Greenbrook Dr., Unit 7

Kitchener, Ontario

N2M 4K1

Phone: 519-570-1655 Fax: 519-570-3477

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

\*Childbirth Registration Forms –

[grhosp.on.ca/care/services-departments/childbirth/before-your-baby-is-born](http://grhosp.on.ca/care/services-departments/childbirth/before-your-baby-is-born)

\*Virtual Tours of Grand River Hospital Childbirth Centre – [youtube.com](https://www.youtube.com) Search: GRH pre-birth virtual tour