

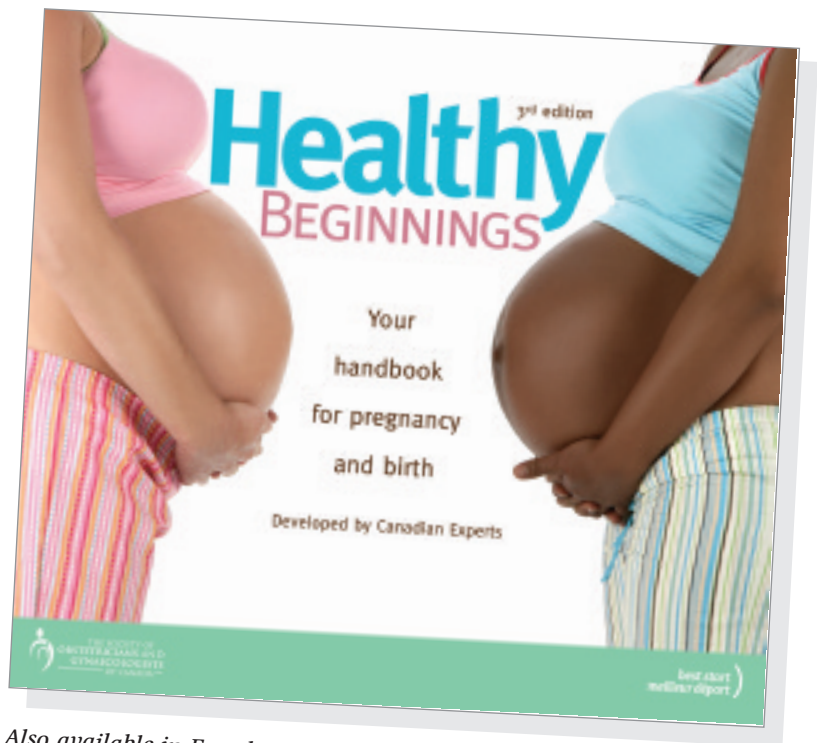
# HEALTHY BEGINNINGS: YOUR HANDBOOK FOR PREGNANCY AND BIRTH

3RD EDITION

**T**his resource was developed by the Society of Obstetricians and Gynecologists of Canada, with input from the Best Start Resource Centre, the Canadian Pediatric Society and a wide range of expert reviewers.

Healthy Beginnings is a comprehensive prenatal resource, designed to meet the information needs of couples planning a pregnancy, pregnant women and new parents. Healthy Beginnings:

- Includes information about preconception, the 3 trimesters of pregnancy, labour and delivery, postpartum care and infant care
- Has a new layout, graphics and updated text
- Reflects Ontario services and practices
- Is well suited for use in prenatal classes, health centres, community programs for parents and children, etc.



Also available in French

## TO ORDER

To order *Healthy Beginnings*, please complete and return the attached order form. Bulk pricing is available. While the Best Start Resource Centre strives to ensure cost effective pricing, prices are subject to change.

This order form is for Ontario service providers. For all other orders, please contact the Society of Obstetricians and Gynecologists at [www.sogc.org](http://www.sogc.org) or call their publications line at 1-877-519-7999.

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Ontario's maternal, newborn and early child development resource centre  
Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario



# HEALTHY BEGINNINGS ORDER FORM

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To order single copies of *Healthy Beginnings*, please visit [www.sogc.org/healthybeginnings](http://www.sogc.org/healthybeginnings).

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The Best Start Resource Centre is pleased to partner with the Society of Obstetricians and Gynaecologists to offer this prenatal resource. This book provides credible information about preparing for pregnancy, what to expect in the three trimesters of pregnancy, labour and delivery, and issues in the first few weeks after the baby is born. It also provides links to key programs, services and sources of information. We believe that every baby deserves a best start in life. This book shares many things that men and women can do before, during and after pregnancy, to help their children have the healthiest start possible.



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