

Goal

To increase awareness about the importance of regular prenatal care and its role in a healthy pregnancy.

Objectives

By the end of the module, participants will be able to state:

- At least one reason why regular prenatal care is important for both mother and baby.
- Some of the common prenatal tests/procedures.
- What is required to make informed choices.
- Where they can access prenatal information, resources and services in their community to make informed choices.

Outline (60 – 75 minutes)

- 1) Introductions and housekeeping
- 2) Icebreaker/Activity
- 3) Importance of prenatal care
- 4) Prenatal Tests and procedures – getting the information you need to make an informed choice
- 5) Additional resources

Special Equipment

- Laptop/computer and projector.

Handouts

- Best Start Resource Centre. *Healthy Beginnings*, (5th edition when available) or *A Healthy Start for Baby and Me* (2016) *
- Best Start Resource Centre. *Routine Prenatal Care Key Messages* PDF, available at www.ontarioprenataleducation.ca/routine-prenatal-care/

References

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Mount Sinai Hospital. (2008). For women and their families: A guide to understanding prenatal screening tests for Down Syndrome, Trisomy 18 and Neural Tube Defects. Retrieved from www.mountsinai.on.ca/care/family-medicine-genetics-program/resources/prenatal_screening2008.pdf

Public Agency of Canada. (2010, 2016). *Canada communicable disease report*. Retrieved from www.phac-aspc.gc.ca/publicat/ccdr-rmtc/index-eng.php

* Unless provided previously to participants

Simkin, P., Whalley, J., Keppler, A., Durham, J., & Bolding, A. (2010). *Pregnancy, childbirth and the newborn: The complete guide* (4th ed.) . Minnetonka, MN: Meadowbrook Press.

Society of Obstetricians and Gynaecologists of Canada & Best Start Resource Centre. (2009). *Healthy beginnings: Giving your baby the best start from preconception to birth* (4th ed.). Mississauga, Canada: Wiley.

Wilson, R. D. (2014).). Society of Obstetricians and Gynaecologists of Canada (SOGC) Clinical Practice Guideline No. 314: Prenatal screening, diagnosis, and pregnancy management of fetal neural tube defects. *Journal of Obstetrics and Gynaecology Canada*, 36(10), 927-939.