

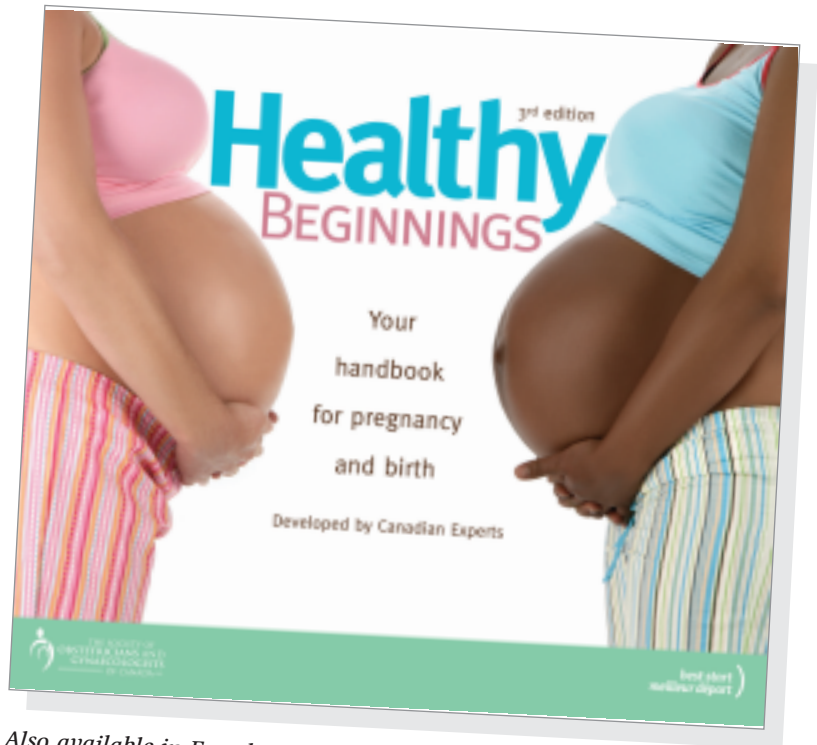
# HEALTHY BEGINNINGS: YOUR HANDBOOK FOR PREGNANCY AND BIRTH

## 3RD EDITION

The Best Start Resource Centre is pleased to announce the availability of an updated 2005 version of Healthy Beginnings. This 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
- Meets the requirements of the Baby Friendly Initiative, ie the information is supportive of breastfeeding
- 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.*

*Promotional discounts are available on all orders received by January 6, 2006.*

*Distribution will start in December. **Payment must accompany all orders.** While the Best Start Resource Centre strives to ensure cost effective pricing, prices are subject to change.*

*This order form is for Ontario. For orders from other provinces, 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.*

# HEALTHY BEGINNINGS ORDER FORM

To order single copies of *Healthy Beginnings*, please visit your local Coles, Chapters, Indigo or World's Biggest Bookstore.

\* This order form is for Ontario. For orders from other provinces, 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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1-800-397-9567 ext. 336 or [beststart@beststart.org](mailto:beststart@beststart.org)

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.



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