

# Our Special Journey: Pregnancy Passport Resources

The Pregnancy Passport is for your journey through pregnancy, birth and baby's early weeks. Visit the Perinatal Services BC website to access the full online version of the pregnancy passport as well as more information on labour and delivery, bringing baby home and parenting advice. [www.perinataleservicesbc.ca/health-info](http://www.perinataleservicesbc.ca/health-info)

Register early in your pregnancy with your region's Health Authority to connect with Public Health. [www.healthlinkbc.ca/pregnancy-parenting/pregnancy/healthcare-providers-during-pregnancy/register-your-pregnancy](http://www.healthlinkbc.ca/pregnancy-parenting/pregnancy/healthcare-providers-during-pregnancy/register-your-pregnancy)

Resource	Website
<b>Health Care Providers</b>	
Find a doula – Doula Services	<a href="http://www.bcdoulas.org/find-a-doula">www.bcdoulas.org/find-a-doula</a> <a href="https://bcaafc.com/dafgp/doulas">https://bcaafc.com/dafgp/doulas</a>
Find a family care provider	<a href="https://pathwaysmedicalcare.ca">https://pathwaysmedicalcare.ca</a> <a href="http://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day">www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</a>
Find a registered midwife – Midwives Association of BC	<a href="http://www.bcmidwives.com">www.bcmidwives.com</a>

<b>Your Special Journey Health Online Resources</b>	
BC Prenatal Genetic Screening Program	<a href="http://www.bcprenatalscreening.ca">www.bcprenatalscreening.ca</a>
BC Reproductive Mental Health	<a href="http://www.bcwomens.ca/our-services/specialized-services/reproductive-mental-health">www.bcwomens.ca/our-services/specialized-services/reproductive-mental-health</a>
Canada's Physical Activity Guide – tips	<a href="http://www.canada.ca/en/public-health/services/being-active.html">www.canada.ca/en/public-health/services/being-active.html</a>
Canadian Prenatal Nutrition Program	<a href="http://www.canada.ca/en/public-health/services/child-infant-health/supports-programs-pregnancy/prenatal-nutrition-program-cpnp.html">www.canada.ca/en/public-health/services/child-infant-health/supports-programs-pregnancy/prenatal-nutrition-program-cpnp.html</a>
HealthLink BC 8-1-1 is a 24/7 phone line that connects you with a registered nurse, registered dietitian, qualified exercise professional, pharmacists.	<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>
Here to Help – Mental health, alcohol and substance use	<a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>
Perinatal Services BC – NESTS for Wellbeing, Postpartum Support Guide, Birth Preference Guide, Labour and Birth Hospital List, Deciding How to Feed Your Baby	<a href="http://www.perinataleservicesbc.ca/health-info/pregnancy">www.perinataleservicesbc.ca/health-info/pregnancy</a>
Safe Housing	<a href="http://www.bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports">www.bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports</a>
Stop Smoking	<a href="http://www.quitnow.ca">www.quitnow.ca</a>














Resource	Website
<b>Your Baby's Health Online Resources</b>	
Baby's Best Chance (also available at your local health unit)	<a href="http://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance">www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance</a>
Early Hearing Program	<a href="http://www.phsa.ca/our-services/programs-services/bc-early-hearing-program">www.phsa.ca/our-services/programs-services/bc-early-hearing-program</a>
Infant crying – Prevent Shaken Baby Syndrome BC, <i>The Period of PURPLE Crying</i> <sup>®</sup>	<a href="http://www.dontshake.ca">www.dontshake.ca</a> <a href="http://www.dontshake.ca/purple">www.dontshake.ca/purple</a>
Newborn Screening Tests	<a href="http://www.perinataleservicesbc.ca/our-services/screening-programs/newborn-screening-bc">www.perinataleservicesbc.ca/our-services/screening-programs/newborn-screening-bc</a>
Safe Sleep for your Baby – HealthLinkBC	<a href="http://www.healthlinkbc.ca/sites/default/files/safer-sleep-for-my-baby.pdf">www.healthlinkbc.ca/sites/default/files/safer-sleep-for-my-baby.pdf</a>

<b>Resources/Support Groups</b>	
Aboriginal Friendship Centres – Information	<a href="http://www.bcaafc.com">www.bcaafc.com</a>
BC Association of Pregnancy Outreach Programs	<a href="http://www.bcapop.ca">www.bcapop.ca</a>
BC Council For Families	<a href="http://www.bccf.ca/program/parent-child-mother-geese">www.bccf.ca/program/parent-child-mother-geese</a>
BC Healthy Child Development Alliance – Feelings First	<a href="http://www.feelingsfirst.ca">www.feelingsfirst.ca</a>
Domestic Violence (24 hour help line)	<a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence">www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence</a>
Family Resource Program of British Columbia	<a href="http://www.frpbc.ca">www.frpbc.ca</a>
FNHA parents/caregivers and childhood wellness health resources	<a href="http://www.fnha.ca/about/news-and-events/news/new-editions-of-childhood-health-and-wellness-resources-support-parents-and-caregivers-to-raise-healthy-vibrant-children">www.fnha.ca/about/news-and-events/news/new-editions-of-childhood-health-and-wellness-resources-support-parents-and-caregivers-to-raise-healthy-vibrant-children</a>
La Leche League – Breastfeeding support	<a href="http://www.lllc.ca/lllc-group-listings/BC">www.lllc.ca/lllc-group-listings/BC</a>
Pacific Post Partum Support Society	<a href="http://www.postpartum.org">www.postpartum.org</a>
Parent Support Services of BC	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>

<b>Local Resources – to be added here</b>	

# Breastfeeding or Chestfeeding My Baby




Human milk is the first traditional food for babies. It's important that all families feel safe and confident feeding their babies. Support is available. See "helpful resources" section for support near you. **How do I know if my baby is getting enough milk?** The best way is by the number of wet and soiled diapers and your baby's weight gain.

Your Baby's Age	1 week					2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5, 6, 7 Days		
<b>How often do I breastfeed or chestfeed?</b> Per day, on average, over 24 hours	 I am feeding my baby 8 or more times per day (every 1 – 3 hours), including 2 – 3 night time feeds						
<b>How big is my baby's tummy?</b> <i>approximately</i>	 5 – 7 ml • Size of a Marble		 22 – 27 ml • Size of a Ping Pong Ball			 60 – 80 ml • Size of an Egg	
<b>How many wet diapers will my baby have?</b> Per day, on average, over 24 hours <i>*Clear pale yellow urine</i>	 At least <b>1 WET</b>	 At least <b>2 WET</b>	 At least <b>3 WET</b>	 At least <b>4 WET</b>	 At least <b>5 WET</b>	 At least <b>6 WET</b>	
<b>How many soiled diapers will my baby have?</b> Per day, on average, over 24 hours	 At least <b>1–2</b> black or dark green		 At least <b>2–3</b> brown, green or yellow			 At least <b>2–3</b> soft and seedy yellow	
<b>How much will my baby weigh?</b>	Your baby may lose 7 – 10% of its birth weight in the first 3 days after birth			Your baby gains 20 – 35 grams (2/3 to 1 1/3 oz.) per day and regains their birth weight by 10 – 14 days		Your baby now gains 120 – 240 grams (4 – 8 oz.) per week	
<b>Other Signs</b>	Your baby has a strong cry, moves actively, and wakes easily. Your breasts or chest feel softer and less full after a feeding. After a few weeks it is normal for your breasts or chest to feel soft and still have lots of milk.						

## Our Special Journey Chart

This is how I will keep track of our special journey through pregnancy and about the growth of my baby. When I visit my health-care provider I can ask for help in completing this chart which will help me learn how my baby and I are doing.

My expected due date is:

	Visit Date #1	Visit Date #2	Visit Date #3	Visit Date #4	Visit Date #5	Visit Date #6	Visit Date #7	Visit Date #8	Visit Date #9	Visit Date #10	Visit Date #11	Visit Date #12
Weeks of Pregnancy <sup>1</sup>												
My blood pressure is												
My weight (kg) Pre-pregnancy weight: _____ Height: _____ (Both used to calculate Body Mass Index)												
My belly size (cm) <sup>2</sup>												
My baby's heart rate <sup>3</sup>	I can hear my baby's heart beat! from about 6 weeks on... 											
My baby's movement <sup>4</sup>	20 weeks and baby is letting me know they are there! from about 20 weeks on... 											
My baby's position <sup>5</sup>	Baby is almost ready to enter into our world! 											

- 1 – My pregnancy started with my last menstrual period
- 2 – My belly size is determined by measuring my fundus (uterus)
- 3 – About six weeks, my baby's heart beat can usually be detected using ultrasound
- 4 – I may begin to feel my baby move at about 20 weeks
- 5 – In my last month of pregnancy my baby's position changes to prepare itself for labour and delivery

My birth goals include:

- 1
- 2
- 3