

A purple silhouette of a pregnant woman in profile, facing right. The silhouette is set against a background of light purple and blue with white decorative swirls. The top of the image has a dark blue curved border.

Our Special Journey

Pregnancy Passport:

A booklet to support you in having a healthy pregnancy, tracking your progress, and preparing for your baby

Important Information and Phone Numbers

| | | | |
|---|--|----------------------------------|-------|
| My name: | | Phone: | |
| My health-care providers: (doctor, registered midwife, nurse practitioner) | | Phone: | |
| My public health unit: | | Phone: | |
| My public health nurse: | | Phone: | |
| The place where I plan to give birth | | Phone: | |
| My partner or family member to contact first: | | Phone: | |
| My labour helpers (e.g., partner, doula, mom, friend) | | Phone: | |
| | | Phone: | |
| Emergency (Fire, Police, Ambulance) | | Phone: | 9-1-1 |
| HealthLink BC for health information and services from nurses, pharmacists and dietitians | www.healthlinkbc.ca | Phone: | 8-1-1 |
| If you need to travel outside your community for your baby's birth you need to: | | Estimated Date of Travelling: | |
| <input type="checkbox"/> Find a place to stay if you have to leave weeks prior to giving birth <input type="checkbox"/> Bring your health card and photo ID | | | |

Developed by: Perinatal Services BC in collaboration with the Ministry of Health
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Adapted from: *Women's Health Pregnancy Passport 2011*

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We would also like to acknowledge that this revised version was heavily informed by the 2015 *Aboriginal Pregnancy Passport*.

A Message to Pregnant Women/Individuals, Families and Communities

This Pregnancy Passport is for your journey through pregnancy, birth and baby's early weeks. This may or may not be your first baby. Pregnant women/individuals share many similar experiences and needs. Each journey is different and that's OK. This passport tells about experiences and needs. It also tells about important things to think about or do.

You can use this Pregnancy Passport to keep your own records. You can write down your goals, questions, your ideas and decisions. Then you can talk with your health-care providers and your family. You do not have to read this booklet all at once. The first two sections include useful information for your whole pregnancy. You can read each part of this booklet as you get to that part of your pregnancy journey.

Welcome

Bienvenue, Amaa sa, मरागड उ, 欢迎, 歡迎, 환영,
chào mừng, maligayang pagdating

OUR SPECIAL JOURNEY: Pregnancy Passport. This booklet supports you to have a healthy pregnancy and to prepare you to welcome your baby into the world.

When you bring a baby into the world, it is life-changing and life-giving.

“No one else will ever know the strength of my love for you. After all, you are the only one who knows what my heart sounds like from the inside.”

(Unknown)



About Your Special Journey



Health in Pregnancy

Pregnancy is a special time. During your journey you may experience many changes in your body, emotions, feelings and spirit. This is normal. You may also have many questions. There is a lot to learn.

What is important in your pregnancy journey:

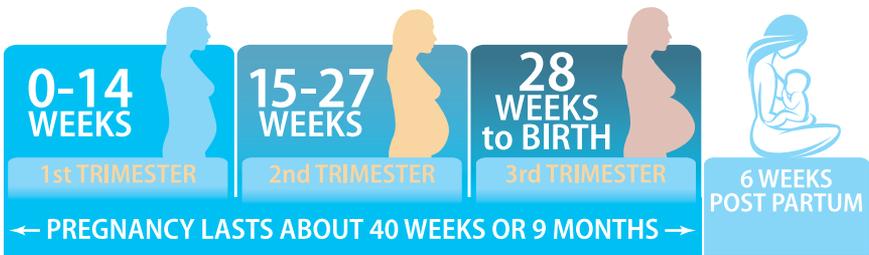
- Your wellbeing – body, mind, emotions and spirit
 - Your personal values, preferences and beliefs
 - Your culture and traditions
 - Your family and community
 - Your environment where you live



About Your Pregnancy, Birth & After Birth

Pregnancy is normal, healthy and life changing. This booklet will help you find information and support. This booklet will also help you keep track of the things you need to do along the journey.

Your pregnancy will last about 40 weeks or about 9 months. It takes this much time for a baby to grow and develop. Your pregnancy has 3 parts:



Choosing your health-care provider

In your community there may be different health-care providers who can provide care for you during your pregnancy, birth and after birth. These include doctors, midwives and nurse practitioners. You can ask for information about the kind of care provided by these health-care providers. You have the right to choose your health-care provider. You can also ask for information on other pregnancy services in your community such as public health nurses, community health representatives, prenatal classes, pregnancy and birthing support services, and doulas (labour supporters). You can go to the 'Resources' page at the back of this booklet to help you learn about and find a health-care provider.

It is good for you to start going to health-care visits early in your pregnancy. You can use this booklet to write down questions you want to ask when you have your visits. You can talk about having your baby at home or in a hospital, depending on your community's services and your specific health needs.

The goal of your care is to support you to have a healthy birth, help you have confidence in your own abilities and give your baby a good start in life. Your wishes for respectful, culturally-safe care should be respected by your health-care provider. **It's OK to ask your health-care provider questions such as:**

- Can I check that I've understood what you've said?
- Is there written information that I can take home? Or other information sources?
- There are cultural practices I would like to honour. Can I discuss these with you?



Making Informed Choices

To help you make choices that support your beliefs, values and preferences, your health-care provider should discuss the risks and benefits of all tests, procedures and alternatives. You should be given the time to think about your decisions and choices. Also, remember that you have the right to accept or decline any test or procedure and your health-care provider should respect your choice. The B.R.A.I.N acronym can help to guide you through the decision making process and provide some questions you can ask your health-care provider:

- B. BENEFITS** – What are the benefits of this test or procedure to me and my baby?
- R. RISKS** – What are the risks of this test or procedure to me and my baby?
- A. ALTERNATIVES** – Are there any alternatives to this test or procedure?
- I. INSTINCT** – What do I think about this test or procedure? What feels right about it? Is there someone else I can ask about this test or procedure?
- N. NOTHING** – What might happen if I choose to do nothing or decide to wait and see?

Please remember that you do not have to make any decision out of fear, anxiety or an attempt to please your health-care provider.



Taking care of your wellbeing: body, emotions, mind and spirit

How to make a healthy meal



VEGETABLES & FRUIT

- Fill half your plate with plenty of vegetables and fruits.
- Aim to eat dark green vegetables like kale or bok choy each day and orange vegetables like carrots or sweet potato on most days.

PROTEIN FOODS

- Fill one-quarter of your plate with protein foods such as beans, lentils, nuts, seeds, lean meats and poultry, low-mercury fish, tofu, eggs, lower fat milk and lower fat dairy products or fortified soy beverages.

WHOLE GRAIN FOODS

- Fill one-quarter of your plate with whole grain foods such as quinoa, whole grain pasta or breads, whole oats, brown or wild rice.

Adapted from Canada's Food Guide (2019)

<https://food-guide.canada.ca/en/tips-for-healthy-eating/pregnant-breastfeeding/>

Your choices during your special journey matter! Remember you are not alone. Your community and health-care providers are there for you. Resources you might find helpful are found at the end of the booklet.

Your body

- Take prenatal vitamin with folic acid, iron, vitamin D, and vitamin B12
 - Continue to be active: plan for physical activity every day
 - It is best to avoid nicotine use (smoking and vaping) and environments where others use nicotine (second and third hand smoking)
 - It is best to avoid drinking alcohol or using drugs. They can harm your developing fetus.
 - It is best to avoid cannabis use and environments where others use it
 - Discuss with your health-care provider about taking your prescription medicines, drugstore medicines or herbal medicines
 - Eat healthy foods to keep your body strong and help your fetus grow
- Remember to:**
- Enjoy regular meals and snacks with a variety of foods each day found in Canada's Food Guide, including vegetables, fruit, whole grains, protein foods, and sources of healthy fats ⁽¹⁴⁾
 - Choose foods with little to no added sodium (salt), sugars or saturated fat
 - Enjoy fish and shellfish that are low in mercury
 - Be mindful of your caffeine intake
 - If you are not able to eat a variety of foods due to nausea or vomiting, speak to your health-care provider
 - A little extra food each day, such as an additional snack, can help to meet additional needs for energy and nutrients ^(15,16)

Taking care of your wellbeing: body, emotions, mind and spirit continued...

Your emotions

- During pregnancy and after the birth of your baby you may feel happy and excited. It is normal for new parents to have lots of different emotions and you may also feel sad or worried.
- Sometimes discussing your concerns and feelings can be helpful. If you are worried, discuss with your health-care provider and others you trust.
- You're not alone, and there are many ways to find support. Getting help early can mean feeling better sooner.
- Discuss with your health-care provider the mental health support services available.
- Asking for help when you need it is a sign of strength, not weakness. Your emotional safety is important for you and your baby. There are services you can access to get more information or confidential support, if you choose to.

Your mind

- During pregnancy it is common to have many questions and decisions to make. Try talking about this with someone you trust such as a friend, family member, support person, or health-care provider.
- It can be a confusing and exciting time and you may notice changes in your way of thinking about things.
- Read, think about and discuss topics such as birthing options, feeding your baby, and caring for your baby.
- Explore activities you enjoy to help manage any stress (such as walking, exercising, getting outside, yoga, meditation, visiting with friends, getting more rest etc.) Do at least one special thing for yourself each day.

Your spirit

- You may want to consider your spiritual or cultural beliefs and values and how these will support your pregnancy journey.
- Look after your spiritual health (your spiritual health could be your religious practices or your own personal spiritual practices that keep you strong).
- Reach out to someone in the community or family who can share or support you with your cultural practices, ceremonies, and beliefs.

As one partner stressed:
“If there is one thing you can do and it doesn't cost a thing – is just to ‘be there’ physically. Be with them.”



My hopes and dreams for our special journey and my baby's birth are:

In our special journey my goals include (you can list these in the image below):

Goals For My Body

My Emotional Goals



Goals for My Mind

My Spiritual Goals

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.

| | Visit Date #1 _____ | Visit Date #2 _____ | Visit Date #3 _____ | Visit Date #4 _____ | Visit Date #5 _____ |
|--|--|------------------------|------------------------|---|------------------------|
| Weeks of Pregnancy ¹ | | | | | |
| My blood pressure is | | | | | |
| My weight (kg) Pre-pregnancy weight: _____ Height: _____ (Both used to calculate Body Mass Index) | | | | | |
| My belly size (cm) ² | | | | | |
| My baby's heart rate ³ | I can hear my baby's heart beat!  from about 6 weeks on... | | | | |
| My baby's movement ⁴ | 20 weeks and baby is letting me know they are there! from about 20 weeks on... | | |  | |
| My baby's position ⁵ | 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 expected due date is:

| Visit Date #6 _____ | Visit Date #7 _____ | Visit Date #8 _____ | Visit Date #9 _____ | Visit Date #10 _____ | Visit Date #11 _____ | Visit Date #12 _____ |
|--|------------------------|------------------------|------------------------|-------------------------|-------------------------|-------------------------|
| | | | | | | |
| | | | | | | |
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| | | | | | | |
|  | | | | | | |

My birth goals include:

- 1
- 2
- 3

Early Pregnancy (First Trimester 0–14 weeks)

Things to think about and discuss

- My health: body, emotions, spirit and mind (page 7)
- Protecting and respecting my body and baby
- Protecting myself from the flu, sexually transmitted infections and other infections
- Getting the flu vaccine
- Choosing a health-care provider
- Support or services I need for my pregnancy
- Services in my community such as prenatal programs or child birth educators
- Choosing a support person or doula at my birth
- Why breast/chest feeding is important for me and my baby (healthy and saves money)
- Driving and seat belt use
- Having sex during pregnancy
- Contacting my doctor or midwife in an emergency
- Signing up for the prenatal registry in my community/health authority and finding out about public health services

At visits with my health-care provider

I will also have the opportunity to ask questions about and discuss:

- Adjustment to being pregnant (body, mind, emotions and spirit)
- Reactions to being pregnant such as discomforts, morning sickness, being tired, worried
- Take a prenatal vitamin with folic acid, iron, vitamin D, and vitamin B12
- Prenatal genetic screening options
- Prenatal programs for pregnant women/individuals, partners and family
- Lifestyle and any changes that are recommended
- When my baby is expected – my due date
- Where I plan to give birth
- Cultural practices and beliefs that are important to me
- My health history (including other pregnancies and gestational diabetes)
- My family health history (including other pregnancies, gestational diabetes, and other relevant conditions)
- What tests I need and why I need them
- Personal safety
- Health benefits from breast/chest feeding for me and my baby
- Signs and symptoms of pregnancy loss and what to do
- Emergency contact information
- If/when I need to travel to another community to give birth

During my prenatal visits

I can expect to be checked for and to record in Our Special Journey Chart (page 8–9):

- My height and weight at the first visit to calculate my Body Mass Index (BMI)
- My BMI is used to determine how my weight may affect my health. My healthy weight gain goal for my pregnancy should be recommended by my health-care provider
- Complete physical exam which may include a pelvic exam and a pap test if needed
- Diabetes: Gestational diabetes is high blood sugar that some women/individuals have during pregnancy
- Baby's heart rate after I am 12 weeks pregnant

I can expect to be offered the usual-routine:

- Blood tests
- Sexually transmitted infection tests
- Early ultrasound to check my due date. An ultrasound machine uses sound waves to make a picture of the baby in your womb.
- Prenatal genetic screening tests
- Referral to public health prenatal registry and services
- Flu vaccine during flu season
- Pertussis vaccine
- The pregnancy information book "Baby's Best Chance"

Working During Pregnancy

For most women/individuals with healthy pregnancies, it is safe to work until just before childbirth. However, if your work is hard on your body, your doctor or midwife may suggest you make changes until after your pregnancy. You might also be at risk if you work with certain chemicals, solvents, fumes, or radiation. Talk to your health-care provider about your work activities and environment.

See the Resources page at back of this booklet to get more information.



Our Special Journey Notes

Review my goals for a healthy pregnancy (page 7).



People I can go to for information, help and support:

Things I could use help with during our special journey:

Changes I notice in my body, thinking or emotions:

What I want to think about right now:

Questions I want to ask about my:

Body

Emotions

Spirit

Mind

Cultural and personal beliefs

Decisions I need to make

- What choices do I have for a health-care provider in my community? Is there a family physician, registered midwife, obstetrician, nurse practitioner? How are they different? Who would I prefer?
- What programs are available in my community like a community or public health nurse, pregnancy outreach program or prenatal classes?
- Will I have prenatal genetic screening (between 9–13 weeks)?
- What pregnancy information would I like to have?
- What changes can I make in my life? What about eating healthier and keeping active?
- Do I need any special services?
- If needed, what can I do to avoid drinking and smoking and being around others who smoke?
- Where can I go to classes about pregnancy and birth? Who can come with me?
- Where will I learn about breast/chest feeding and who will support me?
- Who can help during my pregnancy and after birth?
- How will I choose where to give birth? Will I give birth in a hospital or can I have my baby at home if I prefer? Will I have to leave my community?

Decisions I have made:

New things to think about:

Healthy Pregnancy Weight Gain

Gaining weight is a natural part of pregnancy. It helps your baby grow and develop, and prepares you for breast/chest feeding. Your healthy pregnancy weight depends on your weight before you got pregnant.

The following guidelines may be useful for you, but keep in mind that weight gain will be different for everybody. Speak with your health-care provider if you are concerned that you are gaining too much or too little weight.

If before pregnancy you are... **During pregnancy your healthy weight gain range is...**

| | |
|----------------------|---|
| Underweight | 28–40 lbs or 12.5–18 kg |
| Normal weight | 25–35 lbs or 11.5–16 kg |
| Overweight | 15–25 lbs or 7–11.5 kg |
| Obese | 11–20 lbs or 5–9 kg |



If you are pregnant with twins please speak with your health-care provider about healthy weight gain recommendations.

Evidence shows that women/individuals who gain the recommended amount of weight during pregnancy have fewer complications, such as Cesarean section, gestational hypertension, and low or high birth weight babies.

Healthy eating and an active lifestyle are keys to healthy weight gain during pregnancy. Check with your health-care provider about the level of physical activity that's right for you during pregnancy. It is important to remember that weight loss and dieting are not recommended while you're pregnant. Focus on healthy eating and healthy foods, not your weight.

For more information about healthy weight gain during pregnancy, talk with your health-care provider. You can also call HealthLink BC at 8-1-1 to speak with a registered dietitian.

Mid-Pregnancy (15 – 27 weeks)

Things to think about and discuss

- My health: body, emotions, spirit and mind (page 7)
- How I feel about being pregnant
- How my pregnancy is affecting my family
- How to talk with my other children about the baby
- My baby's movements and growth
- Taking time to sing, talk and read to my baby
- Why breast/chest feeding is important for my baby and me and how I can get help
- When I should visit my health-care providers
- What I plan for labour and birth
- Where I will find services in my community, such as prenatal classes
- If I had a Cesarean birth before, can I have a vaginal birth this time?
- If I have a helper or doula at birth, who that might be?
- The signs of labour months before I am due (preterm labour)
- When I should contact my health-care providers in an emergency or in labour
- How I can protect myself from infections
- If I should get the flu vaccine

In your second and third trimester, you need a little more food each day to support the growth of your baby, such as an extra snack or small meal.

Remember to choose healthy snacks to satisfy your cravings. Some healthy snacks are fresh fruit, raisins and nuts, vegetables, crackers and cheese, yogurt, cereal and peanut butter on toast.



During my prenatal visits

I will have the opportunity to ask questions about and discuss:

- My test results
- Whether I am on track for a healthy weight gain
- Ways that I can know that my baby and I are healthy (growth of baby, movements)
- Community resources for help with breast/chest feeding
- My birthing plan and goals for my birth

I can expect to be checked for and helped to record in
Our Special Journey Chart (page 8–9):

- Blood pressure
- Baby's heart rate
- Weight
- Baby's position
- My fundas (uterus) size (measured from the top to the bottom of my belly)

I can expect to be offered:

- 2nd blood test for prenatal genetic screening (ideally collected at 15–16 weeks)
- Blood test for gestational diabetes – high blood sugar that some women/individuals have during pregnancy
- Ultrasound to check my baby's growth and development at 18–20 weeks
- Flu shot if recommended for me

Reminder – Resources you might find helpful are found at the end of the booklet



Our Special Journey Notes

Review my goals for a healthy pregnancy (page 7). What I want to concentrate on right now:

What I want to think about:

Body and emotional changes I've noticed:

Things I could use help with during our special journey:



Questions I want to ask about my:

Body

Emotions

Spirit

Mind

Cultural and personal beliefs

Decisions I need to make

- Will I have a gestational diabetes screening test, and more prenatal genetic tests, if indicated?
- Where will I give birth?
How do I pre-register?
Is a tour of the hospital available?
- Breast/chest feeding is important for me and my baby. Do I have a plan for feeding my baby?
- Are there classes in my community about pregnancy, labour and birth? Will I register for one? What other ways can I access information?

Decisions I have made:

New things to think about:

28 weeks to Birth (Third Trimester)

Things to think about and discuss

My Pregnancy

- My health: body, emotions, spirit and mind (page 7)
- How my family and I are adjusting to the pregnancy
- How I am sharing the news about the baby with my other children
- My baby's movements, growth, and position
- Know that after the baby's birth some mothers/individuals experience baby blues or depression
- Cultural birth practices that I am learning about and considering
- Breast/chest feeding is important for me and my baby. Do I have a plan for feeding my baby?
- What I want to do for labour and birth (my birth plan)
- Have a tour of the hospital if possible and if I plan to give birth in a hospital
- Know the signs of preterm (premature) labour and know when to call for help
- When putting my baby to sleep what are the safest surface, environment and position for my baby.

Getting ready for labour and birth

- Arrange for support in labour (partner, friends, family, doula)
- Know:
 - the signs of labour
 - when to contact my doctor/midwife when I'm in labour
 - what comfort and coping methods are available for pain in labour
- If I am planning to give birth in the hospital – know:
 - when I should go to the hospital
 - how long I will stay in hospital
 - what I need to have packed to bring
- I can expect to be offered information on:
 - what to expect during the first hour (Golden Hour) after birth for me and my baby.
 - how to practice safe skin-to-skin care with my baby.
- If I am planning to give birth at home – know:
 - what supplies I need to have
 - when my midwife will come
 - what I need to have packed if a trip to the hospital is required
- When I am in labour – know:
 - what to do for my comfort and to cope with pain
 - to ask what I can eat and drink and how to stay active

Caring for my baby after birth

- Have support in place for feeding my baby in hospital and at home: who, where, how?
- Understanding why my baby is getting eye ointment, vitamin K, and having blood work and hearing tests
- Having an approved car seat to bring my baby home in and learning how to use it before the baby arrives

During my prenatal visits

I will have the opportunity to ask questions about and discuss:

- My test results
- The health of my body and mind, including my emotions such as feeling sad, depressed or anxious
- My wishes for labour and birth (birth plan and goals)
- Plan for baby being more than 1–2 weeks past my due date
- Baby's growth and movements
- Whether I am on track for a healthy weight gain
- Tests for common bacteria that can make my baby sick (for example Group B Strep – GBS)
- How I want to feed my baby. Why breast/chest feeding is important for both me and my baby. How I can get support if I have difficulty, questions or worries with breast/chest feeding.

I can expect to be checked for and helped to record in
Our Special Journey Chart (page 8–9):

- Blood pressure
- Weight
- My belly size (measured from the top to bottom of my belly – uterus)
- Baby's position
- Baby's heart rate

I can expect to be offered and might need:

- Rh Immune Globulin injection if my blood type is Rh negative (at 28 weeks or more)
- Flu shot during flu season
- Questionnaire about depression
- Swab of my vagina and rectum for Group B Strep
- Follow-up from earlier tests

Reminder – Resources you might find helpful are found at the end of this booklet

Our Special Journey Notes

Review my goals for a healthy pregnancy (page 7). What I want to think about right now:

Changes I see in my body and emotions:

Things I could use help with as I prepare for birth:



Questions I want to ask about my:

Body

Emotions

Spirit

Mind

Cultural and personal beliefs

Decisions I need to make

- What to include in my birth plan wishes
- Who will provide comfort and support during my labour and birth – Remember that you can change your mind at any time
- Who will look after my children when I am in labour, giving birth or at the hospital
- How will I get to the hospital when I am in labour
- Who I will ask to help me in the first weeks after birth
- What foods I can prepare ahead of time for when I come home after the birth
- Where I will stay and who will support my family and me if I need to leave my community

Decisions I have made:

New things to think about:

Giving Birth

Things to think about and discuss

For all births

- How I feel and what I expect for my baby's birth
- Going past my due date
- Changes I have decided to make to my birth plans
- How to ask for support when in labour from a nurse, partner, family member, or doula
- Comfort and coping with pain in labour
- Injection after birth to help decrease bleeding
- Skin-to-skin contact with my baby right after I give birth
- Breast/chest feeding my baby soon after birth when the baby is ready
- Giving eye ointment and vitamin K to my baby
- Giving a liquid vitamin D supplement to my breast/chest fed baby
- Cultural practices noted in my birth plan
- Do I want the clamping of my baby's umbilical cord to be delayed if possible?

For Planned Cesarean births

- Do I need to see an anesthetist before the surgery?
- Will I be awake or asleep?
- Can my partner, doula, or helper be with me in the operating room?
- Skin-to-skin contact with my baby right after birth. If I am not able to have skin-to-skin contact with my baby in the operating room or recovery room, will my partner be able too?

What I can expect during labour and birth

- My baby and I will be checked regularly
- Someone will listen to the baby's heartbeat using a hand held machine
- I will get encouragement and support
- An electronic monitor to listen to baby's heartbeat might be needed
- I may have antibiotics if I have Group B Strep

What I can do during labour

- I can change positions and do other activities to keep comfortable
- I can drink fluids and eat a little if I feel like it and am not having a Cesarean birth
- I can push when I feel the need to push, after my cervix is fully open
- I may choose comfortable positions when pushing and giving birth

After birth my baby will

- Have a physical assessment and be weighed
- Get a name band if in the hospital

After birth I can expect

- My blood pressure, pulse and temperature measured
- The top of my uterus and the amount of vaginal bleeding checked
- To be cleaned up and have a new gown put on
- To feel exhausted, shaky, cold, hungry, thirsty
- My baby to be placed skin-to-skin on my chest and be supported with breast/chest feeding my baby. If you're sleepy, have a support person with you when you're cuddling skin-to-skin with your baby.
- That I may have an injection to decrease bleeding
- My placenta separates from the uterus wall and is pushed out the vagina

Our Special Journey Notes

Review my goals for birthing (page 7).

Questions I want to ask about:

Questions about labour and birth:

My baby's health:

My health: body, emotions, mind and spirit:

Things I could use help with during labour and birth:

Our Birth Story

My best memories from giving birth; What it was like for me to bring my baby into the world; Who was present during my labour and giving birth and other thoughts

My baby's information

| | | | | |
|----------------------|---------------------------------|------|---------------------------|--|
| Date of Birth | | Time | Baby name | |
| Weight | | | Length | |
| Date of Hearing Test | Date of Newborn Blood Screening | | Bilirubin (Jaundice) Test | |
| | | | Date | |

Once completed, tear this page out as a keepsake of your journey



A picture of my baby
or my baby and me

Our Special Journey Notes continued...

Decisions I need to make

- Who else I would like to have at my birth
- Comfort measures I want in labour
- Pain medications I want (if I need them)
- Positions that I can choose for giving birth
- Cultural practices that I want during labour and birth

Decisions I have made:

New things to think about:

First Days after baby's birth (Postpartum)

Things to think about and discuss

- How I am feeling about myself and my baby
- If I had my baby in the hospital, how long I will stay
- Follow-up care needs for me
- Follow-up care needs for my baby and my body
- Who I can call on for help
- Do I want help to bath my baby the 1st time, or do I want to wait to do it myself when I go home?

Learning about:

- Changes to my body and how to deal with discomfort or pain
- My baby's behaviour and what it means (when baby is hungry or tired)
- My baby's crying and soothing methods I can use. Receive information (and DVD) on the Period of Purple Crying
- How to breast/chest feed. How to tell if my baby is getting enough milk and growing well.
- Other feeding options if I am not breast/chest feeding and support available.
- Safe sleeping for me and my baby

Getting ready to go home and help at home:

- I will see if someone can come stay with me to help and support
- Getting health care for me and my baby

What to expect

Before I go home I will....

- Learn how to care for myself: stay clean and check for vaginal discharge
- Learn how to care for my baby
- Have help learning how to breast/chest feed
- If I am breast/chest feeding, my baby will get colostrum (first milk) for the first 2-3 days until my milk increases
- Learn how to recognize when your baby is hungry
- Learn about car seat safety
- Learn how to check my baby for a liver condition (biliary atresia), using a poop colour card
- Get information on registering my baby's birth
- Find out about public or community health nursing services. If my baby was born in a hospital, a public or community health nurse will contact me 1-2 days after going home

Before we go home, my baby will....

- Stay with me in the same room at all times but sleep on a separate safe sleep surface
- Likely sleep for a few hours after the first breast/chest feeding
- Lose some weight in the first few days
- Feed often, 8 or more times in each 24 hours
- At about 1 day old, have newborn screening blood test (a heel prick), hearing, and bilirubin screening test.

Our Special Journey Notes



How I'm feeling:

Questions I want to ask about my:

Body

Emotions

Spirit

Mind

Things I could use help with:

Cultural and personal beliefs

Baby and feeding:

Decisions I need to make

- Who will provide follow-up health care for me and my baby?
 - Doctor
 - Midwife
 - Public or Community Health Nurse
 - Nurse Practitioner
 - Community Health Representative
- Who will stay with me in the hospital?
- When do I go for an appointment to see my doctor or midwife?
- Who do I call for breast/chest feeding support?

Decisions I have made:

Important things to know

- Emergency phone numbers for my doctor, midwife or nurse practitioner:

- Phone number for HealthLink BC: 8-1-1
- Help like public health/community health nurses, breast/chest feeding support, health centres or clinics, La Leche League, parent support groups
- I can read some of the information given to me when baby is sleeping and I have some quiet time

The first 6 – 8 weeks postpartum (after baby's birth)

Things to think about and discuss

My birth experience:

- What was good and what I would do next time
- Questions I have about my labour and birth
- If I have a cesarean birth – the reason for the surgery and what it means for my next birth

My health:

- Body – getting enough rest, sleep and healthy food
- Spirit and mind – having the help I need
- Emotions – feeling blue or sad, depressed or anxious

Me and my baby:

- My feelings toward my baby
- My feelings about breast/chest feeding and knowing my baby is growing well
- Understanding my baby's behaviour, crying and signs my baby is hungry
- Safety for my baby
- Immunizations (shots) for my baby
- Community services for breast/chest feeding and being a parent
- Follow-up health care for my baby and me
- Checking baby for 30 days after birth for a liver condition (biliary atresia) using baby poop colour card

Me and my family:

- Changes in the family
- Bonding with the baby such as talking and singing
- Sex and birth control methods
- My transition to parenthood
- My relationship with my partner and/or with my other children

What to expect from my health-care providers

To talk with me about my birth story and support me with:

- Caring for myself and my baby, including breast/chest feeding help and checking for depression
- Information on:
 - When and who to call for help
 - Crying and sleep behaviour for my baby
 - Safe sleep for my baby
 - Tummy time for my baby
- Services in the community for breast/chest feeding, parenting support, and baby blues (sadness) or depression
- Immunizations and making an appointment for my baby's shots at 8 weeks

I can expect

- A public or community health nurse or nurse practitioner to contact me 1–2 days after birth if I don't have a midwife
- I will visit with my doctor, midwife or nurse practitioner within 2 to 4 days after we leave the hospital or the next day after a home birth. More visits might happen until the baby is 8 weeks old

Reminder – Resources you might find helpful are found at the end of this booklet



Our Special Journey Notes



Things I could use help with:

Questions I want to ask about my:

Body health, including sleep

Emotions

Mind and Spirit

Baby, feeding, safe sleeping
and using the poop card

Cultural and personal beliefs

Decisions I need to make

- Who will I call when I have a worry about my baby or myself?
- How do I get help in an emergency?

Important phone numbers:

My doctor or midwife:

My public or community health nurse:

Nurse Practitioner:

HealthLink BC: 8-1-1

Poison Control: (604) 682-5050
or toll-free 1-800-567-8911

Police/ Fire/ Ambulance: 9-1-1

Decisions I have made:

New things to think about:

Breast/Chest Feeding 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 | | |
| How often do I breast/chest feed? Per day, on average, over 24 hours |  |  |  |  |  |  |  |
| How big is my baby's tummy? <i>approximately</i> |  | I am feeding my baby 8 or more times per day (every 1 – 3 hours), including 2 – 3 night time feeds | | | |  |  |
| How many wet diapers will my baby have? Per day, on average, over 24 hours *Clear pale yellow urine |  |  |  |  |  |  | 60 – 80 ml • Size of an Egg At least 6 WET |
| How many soiled diapers will my baby have? Per day, on average, over 24 hours |  | At least 2-3 black or dark green | | | |  |  |
| How much will my baby weigh? | 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 | |
| Other Signs | Your baby has a strong cry, moves actively, and wakes easily. Your breasts/chest feel softer and less full after a feeding. After a few weeks it is normal for your breasts/chest to feel soft and still have lots of milk. | | | | | | |

Our Special Journey: Pregnancy Passport Resources

| Resource | Website |
|---|---|
| Health-care providers | |
| Find a family doctor or obstetrician – College of Physicians and Surgeons | www.cpsbc.ca |
| Find a registered midwife – Midwives Association of BC | www.bcmidwives.com |
| Find out about registered nurses and nurse practitioners – College of Registered Nurses Association of British Columbia | www.bccnm.ca |
| Find a doula – Doula Services Association | www.bcdoulas.org/find-a-doula |
| Find out about registered dietitians – College of Dietitians of BC | https://collegeofdietitiansofbc.org |

| Your Special Journey Health Online Resources | |
|--|--|
| HealthLink BC – 24/7 information and advice from nurses, dietitians and pharmacists | www.healthlinkbc.ca |
| Perinatal Services BC | www.perinatalervicesbc.ca/ health-info/pregnancy |
| Canadian Prenatal Nutrition Program | tiny.cc/PrenatalNutrition |
| BC Prenatal Genetic Screening Program | www.bcprenatalscreening.ca |
| Canada's Physical Activity Guide – tips | tiny.cc/PhysicalActivityTips |
| Safe Housing | www.bchousing.org/housing-assistance/ women-fleeing-violence/womens- transition-housing-supports |
| Stop Smoking | www.quitnow.ca |
| Here to Help – Mental health, alcohol and substance use | www.heretohelp.bc.ca |
| BC Mental Health – Reproductive Mental Health | tiny.cc/RPMResources |
| Baby Centre (Cesarean-Section) | tiny.cc/CSection |
| Working During Pregnancy Resource | www.pregnancyinfo.ca/ wp-content/uploads/2017/04/PDF_ workingduringpregnancy_ENG.pdf |

| Resource | Website |
|---|--|
| Your Baby's Health Online Resources | |
| Newborn Screening Tests | www.perinatalservicesbc.ca/our-services/screening-programs/newborn-screening-bc |
| Early Hearing Program | www.phsa.ca/our-services/programs-services/bc-early-hearing-program |
| Baby's Best Chance (also available at your local health unit) | www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance |
| Safe Sleep for your Baby – Public Health Agency of Canada | www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/safe-sleep/safe-sleep-your-baby-brochure.html |
| Infant crying – Prevent Shaken Baby Syndrome – BC Children's Hospital | https://dontshake.ca |
| Infant crying | www.purplecrying.info |

| Support Groups – Find a Service | |
|---|--|
| BC Association of Pregnancy Outreach Programs | www.bcapop.ca |
| Parent-Child Mother Goose Program – BC | tiny.cc/mothergoose |
| Parent Support Services of BC | www.parentsupportbc.ca |
| BC Association of Family Resource Programs | www.frpbc.ca |
| La Leche League – Breastfeeding support | tiny.cc/LLLBC |
| Postpartum Support BC | www.postpartum.org/ |
| Domestic Violence (24 hour help line) | www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence |
| Aboriginal Friendship Centres – Information | www.bcaafc.com |
| | |

| Local Resources – to be added here | |
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