



Health PEI Prenatal Care Resource List

Other Recommended Handouts for Patients and their Families

These can be ordered directly from the provider

Resource	Provider Contact Information
* The Sensible Guide to a Healthy Pregnancy	*Health Canada Publications at 1-866-225-0709 toll-free
* 10 Great Reasons to Breastfeed Your Baby	
* 10 Valuable Tips for Successful Breastfeeding	
* Healthy Weight in Pregnancy Tear-off Pads	
* Safe Sleep for your Baby	
* Is Your Child Safe?	
* Safe Food Handling for Pregnant Women	
Motherisk Handout: Alcohol and Substance Abuse	1-877-FAS-INFO or www.motherisk.org
Alcohol and Pregnancy: pamphlets and information	http://beststart.org/resources/alc_reduction/index.html
Be Doggone Smart at Home	http://www.doggonesafe.com/free_downloads
Miscarriage and Stillbirth: Information packets for families	PEI Interministerial Women's Secretariat at 902-368-5557