

Advice

You may need to change some of your lifestyle habits to stay healthy and to ensure your baby's healthy development. A lot of information can be found in the guide *From Tiny Tot to Toddler – A practical guide for parents from pregnancy to age two*.



- It is recommended to take **prenatal vitamins** from the beginning of the pregnancy, or before getting pregnant. Talk to a pharmacist for more information.



- **Alcohol, drugs, or tobacco** may cause problems for the baby. A health professional can help you quit or reduce your use.



- What you **eat** during pregnancy affects your health and that of your baby. It's important to inform yourself.



- Some types of **medication** can be harmful for the baby. If you take medication, talk to a pharmacist.

To track your child's development from the beginning of your pregnancy, visit the naitreetgrandir.com website, or **download the app**.

Assistance

- Register on Quebec.ca/magrossesse to be directed toward resources provided by community organizations and your CLSC. Based on your needs, you may be offered prenatal meetings, one-on-one, support, or food vouchers.

Assistance (cont'd)



- **For a Safe Maternity Experience Program:** Ask about the program at one of your prenatal appointments. When you're pregnant or breastfeeding, your work can be physically dangerous. For example, if:

- You work with industrial-strength chemicals*
- You stand for more than 6 hours a day
- You have to lift heavy objects
- You're at risk of falling.



**Household cleaning products (soaps, detergents) are safe for you and your baby.*
CCSMTL.ca/maternitesansdanger



- Call 811 to talk with a **health professional**. It's free, confidential, and accessible anytime.

Select **Option 1** to get health advice for you or your baby.

Select **Option 2** to get psychosocial or mental health advice, or if you are experiencing distress, anxiety, violence, or loneliness.



- If you have a job, you may be eligible for the **Québec Parental Insurance Plan**.



Rqap.gouv.qc.ca/en

Prenatal Care in Quebec

Information, advice and assistance



IMPORTANT

Whether or not this is your first pregnancy, **medical checkups are important**. These appointments ensure that you and your baby are doing well throughout the pregnancy.

You can have an adult of your choice accompany you to all your appointments.

You have **questions or concerns** about your pregnancy or prenatal checkups?

Don't hesitate to bring them up at any time during your appointments.



Stages of Prenatal Care in Quebec

Are you expecting a baby?

The first step for everyone is to sign up at [Ma Grossesse Québec.ca/magrossesse](http://MaGrossesse.Quebec.ca/magrossesse)



Prenatal appointment
(doctor, midwife or specialized
nurse practitioner)



Vaccines



Tests and analyses



Ultrasounds



1st trimester 0 to 14 weeks



Urine analyses,
blood tests and
vaginal swabs



Between weeks 11 and 14
(due date, nuchal translucency)



2nd prenatal screening
(trisomy 13, 18, 21)
between weeks 14 and 16



Prenatal
vitamins



1st appointment before 12 weeks
*Appointment every 4 to 6 weeks
during weeks 12 to 30*



1st prenatal screening
(trisomy 13, 18, 21)
between weeks 10 and 13

2nd trimester 15 to 28 weeks



Whooping cough vaccine
(recommended)
between weeks 26 and 32



Screening for diabetes
between weeks 24 and 28



Between weeks 18 and 22
(baby's development, placenta)



3rd trimester week 29 to birth



As needed



*Appointment every 2
to 3 weeks
during weeks 31 to 36*



Streptococcus B
screening
Around week 36



*Weekly appointments
from week 37 until
birth*



You can get a free copy of the guide *From Tiny Tot to Toddler: A practical guide for parents from pregnancy to age two*. It is usually given out at your first prenatal appointment.

Prenatal care may vary for each pregnancy.