

<https://www.healthyparentshealthychildren.ca/>

<https://firstdroplets.com>

<https://camrosepcn.com/prenatal>

<https://www.birthandbabies.com/>

Week of Pregnancy	Tasks to completed	Education
6-12	<ul style="list-style-type: none"> <li>Routine Bloodwork, Urine Sample and Screening for Sexually Transmitted Infections</li> <li>Dating Ultrasound (10-12 weeks)</li> <li>Optional First Trimester Genetic Screening (11w1-13w6d)</li> <li><b>Health Link – 811</b></li> <li><b>PCN Prenatal Clinic 780-608-4927</b></li> <li><b>St. Mary's Hospital 780-679-6151</b></li> <li><b>Dynalife Lab 1-877-702-4486 or <a href="http://www.dynalifedx.com">www.dynalifedx.com</a></b></li> <li><b>Guardian (ultrasound) 780-672-8220</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Monthly</b> prenatal check-ups including weight, blood pressure and urine sample</li> <li>1<sup>st</sup> Trimester Pregnancy Discomforts (pg 96-101)</li> <li>Nutrition, Exercise and Weight (pg 26-48)</li> <li>Dental Care in Pregnancy (pg 53)</li> <li>Being Healthy and Preventing Injuries (pg 75-84)</li> <li>Medications and Herbal Supplements (pg 72-73)</li> <li>Smoking, Alcohol and Drug Use (pg 67-74)</li> <li>Routine Bloodwork and Urine Samples (pg 103-106)</li> <li>Genetic Screening (pg 106-107)</li> <li><b>WARNING SIGNS TO SEEK HELP (pg 108-110)</b></li> <li>Mental Health Concerns (pg 244-250)</li> <li><b>AHS Prenatal Classes – register at 1.855.554.4774</b></li> </ul>
12-14	<ul style="list-style-type: none"> <li>PAP (if required)</li> <li>Optional breast exam</li> </ul>	<ul style="list-style-type: none"> <li>Kegel Exercises (pg 49-50)</li> <li><b>AHS Prenatal Classes – register at 1.855.554.4774</b></li> </ul>
14-18	<ul style="list-style-type: none"> <li>Optional Genetic Second Trimester Screening (15weeks 1day-20weeks 6days)</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> Trimester Pregnancy Discomforts (pg 118-121)</li> <li>Baby's heartrate added to prenatal check-up</li> </ul>
18-24	<ul style="list-style-type: none"> <li>Anatomy Ultrasound (18-22 weeks)</li> </ul>	<ul style="list-style-type: none"> <li><b>WARNING SIGNS TO SEEK HELP (pg 137-142)</b></li> <li><b>AHS Prenatal Classes – register at 1.855.554.4774</b></li> </ul>
24-28	<ul style="list-style-type: none"> <li>Gestational Diabetic Screen (26-28 weeks)</li> <li>Kick Count Record at 28 weeks</li> <li>Rhogam Injection* at 28 weeks</li> <li>Pertussis Vaccination</li> </ul>	<ul style="list-style-type: none"> <li>Gestational Diabetic Screen (pg 124)</li> <li>3<sup>rd</sup> Trimester Pregnancy Discomforts (pg 150-151)</li> <li>Kick Count Record (pg 155)</li> <li>*If negative blood type, Rhogam injection (pg 104)</li> <li>Tummy Measurement added to prenatal visit @ 28wks</li> <li><b>AHS Prenatal Classes – register at 1.855.554.4774</b></li> </ul>
28-30	<ul style="list-style-type: none"> <li>Edinburgh Depression Screen</li> <li>Birth Wish/Plan</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal check-ups <b>every two weeks</b> including baby's position</li> <li>Birth Wish/Plan (pg 127-128)</li> </ul>
30-36	<ul style="list-style-type: none"> <li>Feeding Baby</li> <li>Group Strep B Swab</li> <li>36 week bloodwork</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding (pg 85, 135, 274-320) and <b>2<sup>nd</sup> Book Early Years</b> (pg 146-186)</li> <li>Formula Feeding <b>2<sup>nd</sup> Book Early Years</b> (pg 187-204)</li> <li>Optional Circumcision (pg 129)</li> <li>Group Strep B (pg 154)</li> </ul>
37-40	<ul style="list-style-type: none"> <li>Pre-register at hospital</li> <li><b>Call Unit 4 @ 780-679-6151 while on route to hospital</b></li> <li><b>Public Health will follow-up in your home after delivery</b></li> <li><b>Health Link 811 if any concerns</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Weekly</b> prenatal check-up</li> <li><b>WHEN TO GO TO THE HOSPITAL (pg 145)</b></li> <li>Discuss Labor and Delivery (pg 164-204)</li> <li>Public Health Visit (pg 225)</li> <li>Postpartum blues and postpartum depression/anxiety (pg 244-250)</li> </ul>