

Healthy Pregnancy Helpful Websites

As you anticipate the birth of your child, you may feel overwhelmed by the amount of information available on the internet about pregnancy and parenting. Information on the internet is not screened or regulated. To make wise decisions, ensure your information is coming from a credible source. Below are credible websites on having a healthy pregnancy and preparing for parenthood.

Healthy Pregnancy

Hastings Prince Edward Public Health

hpepublichealth.ca - *Healthy Living – Preconception and Pregnancy*

Find information on programs offered by your local Public Health Unit, as well as resources and information on having a healthy pregnancy and preparing for parenthood. *InJoy eClasses* online program provides information about having a healthy pregnancy, breastfeeding, preparation for parenting and labour and birth. To register, contact Public Health.

Healthy Canadians

healthycanadians.gc.ca – *Healthy Living – Healthy Pregnancy*

Information on food safety for pregnant women, healthy eating during pregnancy, vitamins and minerals, and oral health. You will also find information on substance use and mental health.

The Society of Obstetricians and Gynecologists of Canada

PregnancyInfo.ca

Information and resources on pregnancy, labour and childbirth and information for after pregnancy.

Unlock Food – Dietitians of Canada

unlockfood.ca

Information on nutrition and healthy eating. Call Telehealth at 1-866-797-0000 to speak with a Registered Dietitian.

MotherToBaby

mothertobaby.org

Information on morning sickness, medications in pregnancy, medications and breastfeeding, folic acid, environmental exposures, alcohol and substance use, and other health topics

Alcohol and Tobacco Use

Alcohol-Free Pregnancy

alcoholfreepregnancy.ca

Information about having an alcohol-free pregnancy.

Pregnets – Smoking Cessation Information

pregnets.org

Smoking cessation information and support for pregnant women.

Smoker's Helpline

smokershelpline.ca

Free and personalized tools to help you successfully quit smoking.

Breastfeeding

Breastfeeding Information for Parents

breastfeedinginfoforparents.ca

This online course, brought to you by the University of Ontario Institute of Technology and Durham Region Health Department, provides parents with important information on breastfeeding.

Online Breastfeeding Services (ON)

ontariobreastfeeds.ca

Bilingual Online Ontario Breastfeeding Services website helps you to find breastfeeding services in your area.

Telehealth Ontario: 1-866-797-0000 (24-hour breastfeeding support)

Child Health

Best Start

beststart.org

A resource centre that provides information on preconception health, prenatal health and early child development. You will find many resources free to download and available in multiple languages.

Healthy Baby, Healthy Brain (Best Start)

healthybabyhealthybrain.ca

Information to help you support your baby's brain development.

Children See Children Learn (Best Start)

childrenseechildrenlearn.ca

Learn to manage your stress while teaching your child in a positive manner.

EarlyON Centres

ontario.ca/page/find-earlyon-child-and-family-centre

Information on the EarlyON centres and locations in your community. These centres provide parents with programs and services for young children and their families.

Canadian Paediatric Society – Caring for Kids

caringforkids.cps.ca

Information about your child's health.

Hospital for Sick Children – About Kids Health

aboutkidshealth.ca

Parenting topics from pregnancy to teens, including nutrition, growth and development.

Looksee Checklist

lookseechecklist.com

The Looksee Checklist is a developmental screen that follows your child from one month of age to six years. It provides a snapshot in time of your child's development, and starting point for discussion with a health/child care professional.

We are committed to providing accessible publications, programs and services to all.
For assistance, please call 613-966-5500; TTY: 711, or email accessibility@hpeph.ca.
For more information, please visit hpePublicHealth.ca.

T: 613-966-5500 | T-F: 1-800-267-2803 | TTY: Dial 711 | Text: 450-990-5551