

Who Has My Back?



Introduction

This presentation is meant to give an overview of some important points about having a baby.

If you have detailed questions, a complicated situation or are worried about anything, please see your healthcare provider.



Presentation Overview

- Local Contacts
- Seeing Your Healthcare Provider
- Making Your Plans
- Complications
- Mental Health Support
- Diabetes in Pregnancy
- HIV in Pregnancy



Local Contacts



Seeing Your Healthcare Provider





Visit a healthcare provider as soon as you think you're pregnant.

Seeing Your Healthcare Provider



At your first visit, you may be asked about:

- Your health
- Your due date
- Your lifestyle
- Your support people

Questions for Your Health Care Provider

- Will I be able to be your patient through my whole pregnancy?
- Where can I give birth to my baby?
- How can I make sure I am getting the right foods for me and my baby?
- Can I still exercise while pregnant?
- How much weight should I gain during pregnancy?
- How can I find support to stop smoking or drinking or doing drugs?



Making Your Plans



Test	Trimester/Weeks	Optional	Why?
Blood test	1st trimester		Checks blood type, blood count, for STIs (sexually transmitted infections), rubella immunity and potential other viruses
Urine test	1st trimester		Checks for STIs
Genetic	11-13 weeks and 15-20 weeks	√	Tests for 3 genetic abnormalities
Ultrasound	18-22 weeks *May also have one in the 1st trimester		Checks the gestational age of your baby and how she is growing
Glucose tolerance test	24-28 weeks *This may be done sooner if you are at high risk for gestational diabetes		Checks for gestational diabetes
Blood test if you have a negative blood type	28 weeks		May need follow up with a doctor
GBS (Group B Streptococcus)	35-37 weeks		Checks for the presence of GBS

Medical Tests

Every pregnancy is different and you may need other tests done throughout yours.

Complications





- See your healthcare provider if you have severe vomiting or heavy bleeding.
- It is normal to feel sick and vomit during pregnancy.
- If you haven't been able to eat or drink in the last 12 hours, contact your health care providers.
- There is medication that can help control severe vomiting during pregnancy.

Complications



Some vaginal discharge is normal during pregnancy.

- Heavy discharge and itching may be a sign of an infection.
- You will be tested for **sexually transmitted infections (STIs)**.

Many STIs can be treated during pregnancy.

Complications



High blood pressure can be a symptom of **pre-eclampsia**.

Complications: *High Blood Pressure*

A healthcare worker wearing glasses and a grey hoodie is administering a flu shot to a patient. The patient is wearing a grey hoodie and has a white bandage on their upper arm. The background shows shelves of colorful medicine bottles in a pharmacy setting.

Get your flu shot every year during flu season.

Complications

Mental Health and Support





1 in 5 women experience mental health concerns during pregnancy.

Mental Health and Support



When to Talk to Your Healthcare Provider

- You feel down, sad, or worried for longer than seven days.
- The things that used to make you happy don't make you happy anymore.

It is natural to be scared about the changes in your life. Talk to other pregnant women or new moms and other people you trust.

Mental Health and Support

- If you have had mental health concerns in the past, tell your healthcare provider.
- May be at risk of developing further mental health concerns during and after pregnancy.

Your healthcare provider can help you, or you may be referred to someone who can meet with you and support you.

Mental Health and Support



**Ways People
Can Support
You and Your
Mental Health**





Talk about your feelings.

Mental Health and Support



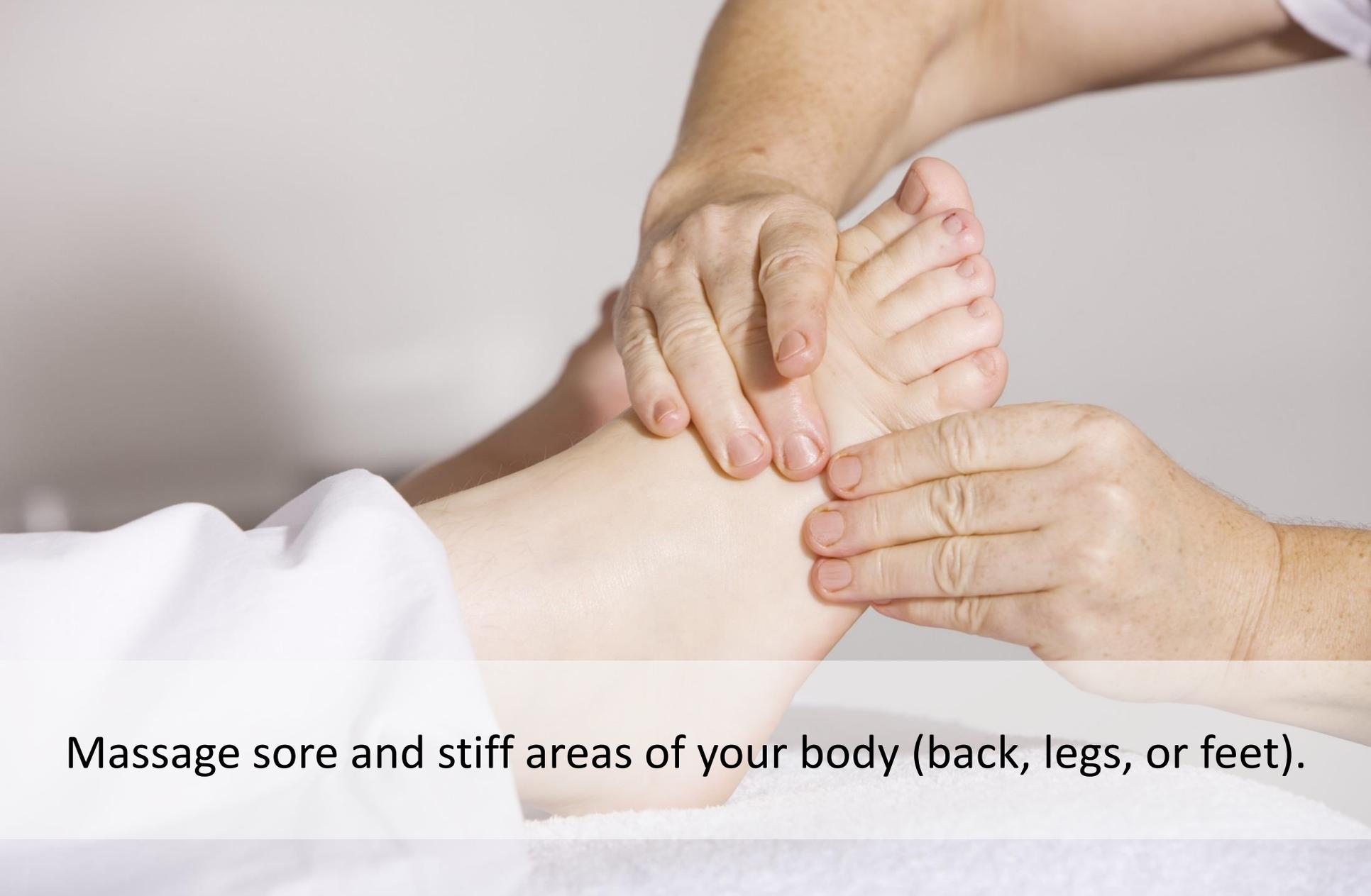
Celebrate your pregnancy with you.

Mental Health and Support



Exercise with you.

Mental Health and Support



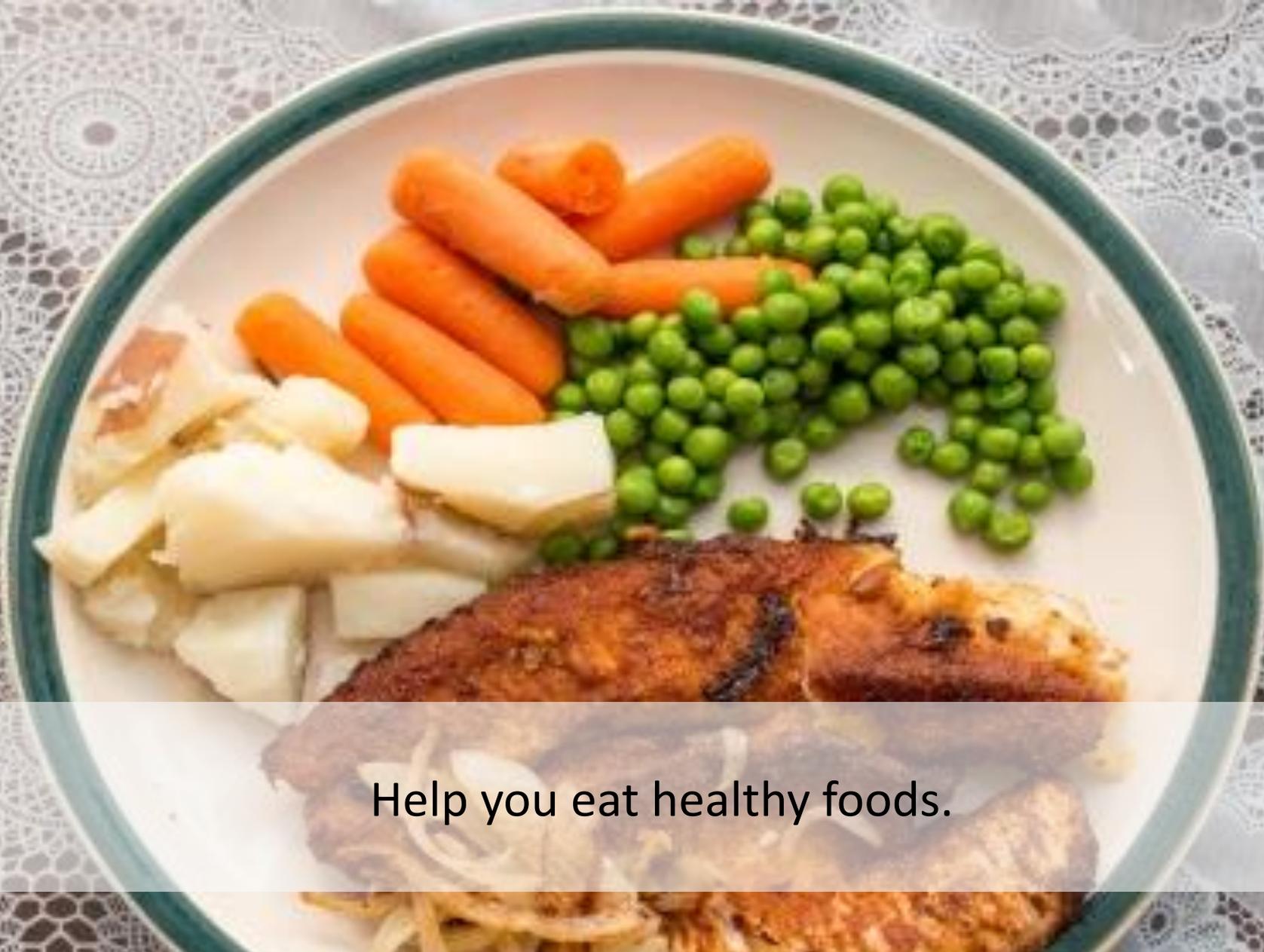
Massage sore and stiff areas of your body (back, legs, or feet).

Mental Health and Support



Help you avoid alcohol, commercial tobacco and drugs.

Mental Health and Support



Help you eat healthy foods.

Mental Health and Support



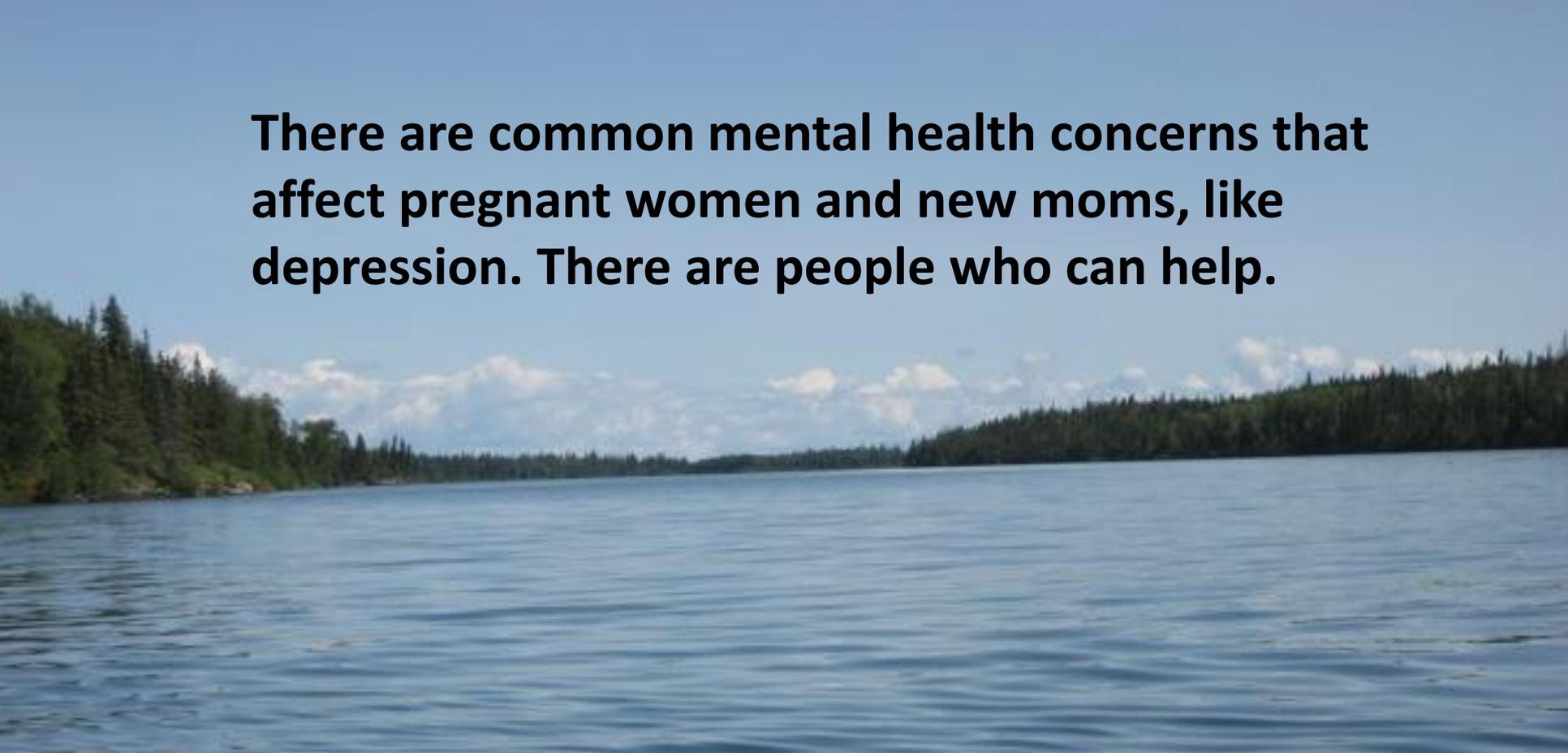
Attend doctor or other medical appointments with you.

Mental Health and Support

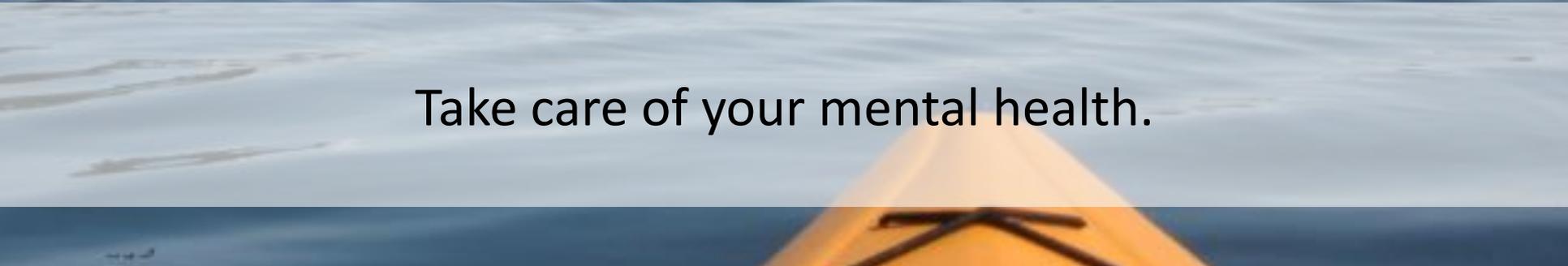
Maternal mental health concerns can be serious. They affect the health of the mother, baby, and others around them. Maternal mental health concerns will not go away by themselves. Get help as soon as possible.

- For more information about mental health services in Saskatchewan, please contact Government of Saskatchewan, Community Care Branch, (306) 787-7239 or info@health.gov.sk.ca
- HealthLine: 811
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- MotherRisk Helpline: 1-877-439-2744
- Smoker's Helpline: 1-877-513-5333
- Breathe Easy App
- Local Contact:





There are common mental health concerns that affect pregnant women and new moms, like depression. There are people who can help.



Take care of your mental health.

Mental Health and Support

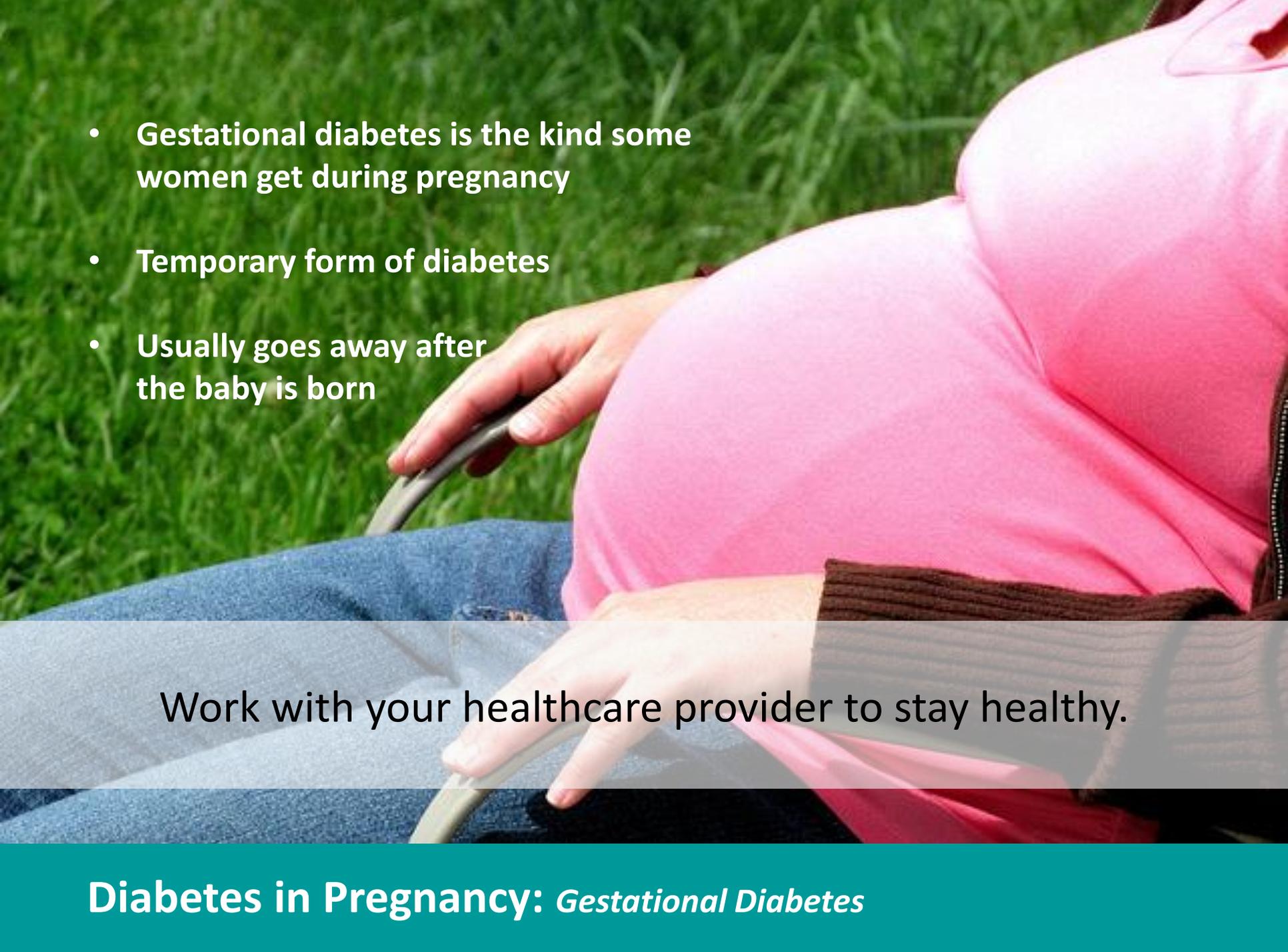
Diabetes in Pregnancy



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- **If you have diabetes, your blood sugar levels may be harder to control.**

- **Insulin is safe to use during pregnancy.**

Work with your healthcare provider to stay healthy.

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- A pregnant woman wearing a pink long-sleeved shirt and blue jeans is sitting on a lawn mower. She is holding the handlebars of the mower. The background is a lush green lawn. The image is used as a background for a slide about gestational diabetes.
- Gestational diabetes is the kind some women get during pregnancy
 - Temporary form of diabetes
 - Usually goes away after the baby is born

Work with your healthcare provider to stay healthy.

Diabetes in Pregnancy: *Gestational Diabetes*

HIV in Pregnancy



HIV in Pregnancy

- If you are HIV positive, you can have a healthy baby
- Take care of yourself
- Eat healthy foods
- Take your medication



Group Activity

- The Protective Shield

The Protective Shield-2016 Edition

Getting Acquainted: Attachment, Bonding and Caring for Your New Family



THE PROTECTIVE SHIELD

Supplies:
A Baby Doll
8 to 10 Pieces of Fabric or Baby Blankets

HV Note...This demonstration can be done either with a doll or with the family's baby. Ask parents for examples of interactions that add or remove layers of protection.

WHY DO THIS DEMONSTRATION

- To provide a visual image of the Protective Shield that forms around a child when he or she experiences repeated, empathic responses from a parent or caregiver.
- To provide a visual image of how a child's Protective Shield is damaged by trauma or the hurtful actions of others.
- To offer a tangible illustration of building the relationships with Character Builders and E-Parenting skills.

HOW TO DO THIS DEMONSTRATION

- In your lap have a baby doll, clothed, with 8-10 small "blankets" (pieces of soft fabric) positioned at a diagonal under the doll.
- Bring a cell phone with protective case to the floor with you (if you don't have one yourself, ask the parent or family member to bring one down to the floor with them).
- Explain that our goal is for all children to feel loved and valued, safe and secure, and capable and curious. It is through our interactions with our children that we begin to create resiliency and protective buffers for them. Think about each loving interaction with a child as an opportunity to create a layer of protection around a child. Our goal is to give our children many protective layers against the tough things in life.

What I am going to demonstrate with you we call the Protective Shield. This is will demonstrate how interactions with their children lead to the formation of secure attachment.

- I know you do lots of things every day that make (baby's name) feel loved and safe, right?
- I've already noticed how loving you are as you care for (baby's name).
- I can imagine that when he wakes up from a nap and he's crying, you lean over him and tell him he's okay and then you pick him up, hold him close pat his back and talk to him until he calms down or you begin to feed him.
- Is this pretty much what happens?
- Absolutely! When your baby is upset, tired, bored or lonely, and you comfort, play with or reassure him, he feels protected, valued and loved.
- Most parents don't know this, but every time you reassure, comfort, talk to, play with and care for your baby in ways that make him feel his needs are being met, you are wrapping your baby in layers of emotional protection.

CONTINUED

Summary Points

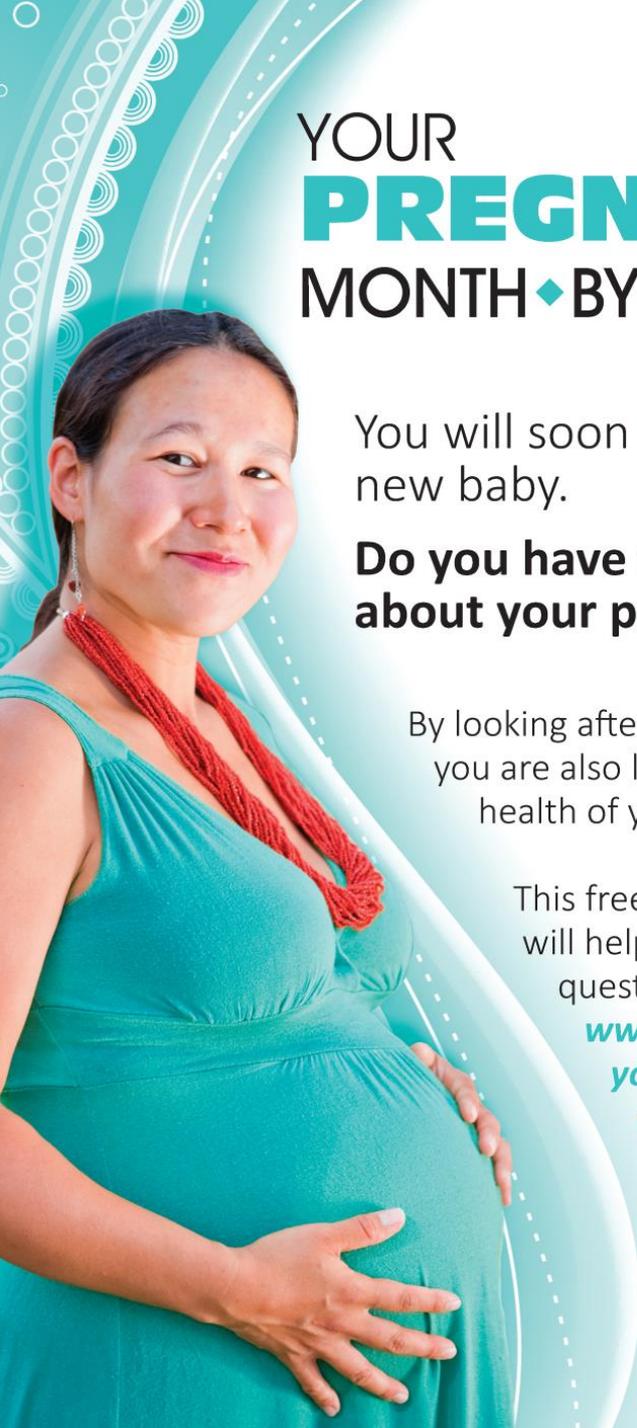
- Be sure to take the time to write down who is supporting you (who has your back?) through your pregnancy.
- Visit your healthcare provider regularly.
- If you get the influenza and pertussis vaccines when you are pregnant, both you and your baby are protected.
- Make sure all your vaccinations are up to date. These will help protect you and your baby.
- It is natural to be scared about the changes in your life. Talk to other pregnant women or new moms.
- If you feel down, sad, or worried for longer than seven days or if the things that used to make you happy don't make you happy anymore call Health Line at 811 or see your nurse or doctor.
- Having a baby is often a time of joy and excitement for a new mother, but this is not the case for all women. Do not be ashamed if you experience mental health concerns.
- Maternal mental health concerns will not go away by themselves. Get help as soon as possible.





Find what works for you.





YOUR **PREGNANCY** MONTH ♦ BY ♦ MONTH

You will soon have a new baby.

Do you have any questions about your pregnancy?

By looking after your own health, you are also looking after the health of your baby.

This free, online resource will help answer your questions.

[www.skprevention.ca/
your-pregnancy-
month-by-month/](http://www.skprevention.ca/your-pregnancy-month-by-month/)

*Your
health is
important!*

For more information

Visit *Your Pregnancy Month by Month* at

<https://skprevention.ca/your-pregnancy-month-by-month/>

saskatchewan
preventioninstitute
our goal is **healthy** children