

# Pregnancy & Parenting



## FREE ONLINE RESOURCES

### Healthy Parents, Healthy Children

Educational content about pregnancy, child development and parenting.

*Physical copy given to all patients in the clinic.*

<https://www.healthyparentshealthychildren.ca>

### Pregnancy Info

PregnancyInfo.ca is an evidence-based informative website about pregnancy and childbirth for the Canadian public and healthcare professionals. From pre-conception through postpartum, this website provides accurate, credible and up-to-date information and education on topics related to pregnancy.

PregnancyInfo.ca is an initiative of the Society of Obstetricians and Gynaecologists of Canada, Canada's leading authority on sexual and reproductive health.

<https://www.pregnancyinfo.ca>

### Exercises during Pregnancy

Suggestions for safe exercises to do during pregnancy.

<https://cfpcn.ca/wp-content/uploads/2024/01/Pregnancyexercises2.pdf>

<https://vimeo.com/290379595/2496874bb9>

### Immunization & Pregnancy

AHS resource on the vaccines recommended for the health of you, your family, and your baby.

<https://myhealth.alberta.ca/topic/Immunization/Pages/Pregnancy.aspx#vaccines-during>

### Centre on the Developing Child

At its core, serve and return is about responsive interactions between children and the people who care for them, and how those interactions help children grow and reach their full potential. In this guide, learn more about what serve and return is, the science behind it, and how easy it is to help build strong brains by engaging in serve and return with a child.

<https://developingchild.harvard.edu/guide/a-guide-to-serve-and-return-how-your-interaction-with-children-can-build-brains/>

### Gay Parent Magazine

GPM's focus is to support and empower LGBTQ parents and LGBTQs wishing to become first time parents. On our pages, parents speak candidly about their experiences with adoption, foster care, egg and sperm donors, surrogacy, parenting with an ex, coming out after being in a straight marriage, co-parenting, divorce and custody issues, and discrimination.

<https://gayparentmag.com>

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## FREE PROGRAMS

### Best Beginning

An AHS program that supports pregnant teens and pregnant people with low incomes to prevent low birth weight, promote prevention of injuries and promote maternal mental health by low social isolation and making connections with community supports.

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1568>

### CUPS

A 12-week program at CUPS for dads, father figures and legal guardians continues to be a safe place for men to connect, learn how to nurture their children and know they aren't alone with the challenges they face. Brave like the comic book heroes, participants choose to enrol in Super Dads, Super Kids! (SDSK) to learn about their own resiliency, that of their children and the wellness built by those bonds.

<https://www.cupscalgary.com/cups-impact-stories/super-dads-super-kids-strengthens-father-child-relationships>

Contact Sharwyn at [sharwynt@cupscalgary.com](mailto:sharwynt@cupscalgary.com) to register.

### Families Matter

Families Matter creates and facilitates learning opportunities that strengthen families and their connection to communities through programs catering to various stages of growth.

*Registration required.*

<https://familiesmatter.ca/our-programs-services/>

### Carya

Various programming for early childhood parenting support and registered group programs to foster social connections.

<https://carya.wpeninepowered.com/get-support/family-functioning/>

## PAID PROGRAMS

### AHS Perinatal Education Programs

AHS Perinatal Education offers quality, evidence-based, facilitated, interactive programming by health and educational professionals. Choose from over 20 different classes to support you and your family through pregnancy, birth, and the transition to parenthood.

*Pricing varies on class type (range: \$0-\$235)*

<https://birthisandbabies.com/wp-content/uploads/2023/06/Perinatal-Ed-Class-brochure-June-2023-Final.pdf>

### Brilliant Beginnings

Brilliant Beginnings offers a variety of research-based programs and services that reinforce the importance of parent-child interaction on children's cognitive, emotional and social development.

*Consultations can be done in-home. Price: \$100/hr.*

<https://brilliantbeginnings.ca/parent-support/>