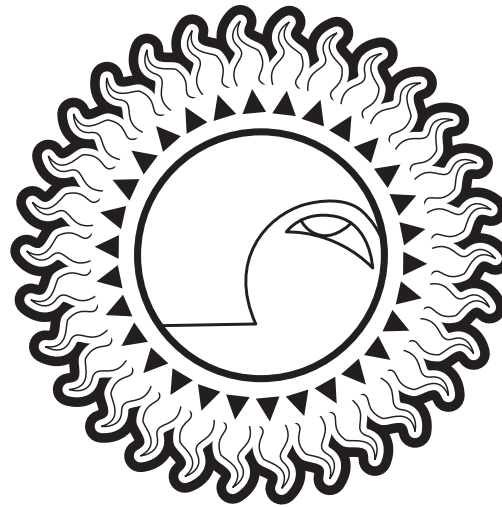


# Call the clinic if you have:

Spotting or bleeding  
Cramps or contractions  
Severe or frequent vomiting  
Unexplained weight loss  
Fever and/or chills



Soon after you find out  
you are pregnant,  
sign your baby up  
at the daycare centre  
if you plan to return to school or work.  
There may be a waiting list.



## The elders speak:

If you **take care** of yourself  
during your pregnancy, eat well  
(meaning traditional food and broth)  
and **dress properly** you will find  
you are **less prone** to sickness.

And, you will have your senses  
a lot longer in the later stages of life.  
Your health is most important. (S.R.)



CH-5

Version française disponible



You're  
**Pregnant**  
Congratulations!



Conseil Cri de la santé et des services sociaux de la Baie James  
σ D d 7 a b 7 Δ r Δ · d i a Δ a a b r C b σ D  
Cree Board of Health and Social Services of James Bay

## What happens now?



You will soon have appointments with the nurse, the CHR and the doctor.

You will have some blood tests to make sure you have a healthy start to the pregnancy.

## How often will I have appointments at the clinic?

Early on, you will see the **nurse or doctor** every month. Later, you will have appointments every 1 to 2 weeks.

You will see the **CHR** three times during your pregnancy.

You may see a **nutritionist** if one is available.

You will have an **ultrasound** to check the health of the baby when you are about halfway through the pregnancy.

You will have more **blood tests** in the second half of the pregnancy.

## What can I do to help my baby grow strong and healthy?

**Take your prenatal vitamin every day.** Your baby needs folic acid for a healthy spine.

**Enjoy healthy eating.** Three balanced meals and healthy snacks.

**Quit smoking.** Everyone's health will be better—you, your baby, and your family.

**Avoid alcohol and drugs.** These can damage your baby's brain and body.

**Talk to the clinic about all medications.** Many are safe, but some are not.

**Keep your teeth healthy.** Brush and floss after meals and snacks.

**Keep active.** Enjoy a walk with your family or friends.

**Wear your seat belt.** The lower strap should go under your belly.

**Find a good bra.** The shape and size of your breasts may change during pregnancy.

**Find out about pregnancy, labour and childbirth.**

You can find many good books by mail order or from libraries.

